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Shaker Heights

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THE SHAKERITE

March 27, 2007 • Volume 77 • Issue 7 • Shaker Heights High School • 15911 Aldersyde Drive • Shaker Heights, Ohio 44120

PLAYING HOOPES TRIO

SIBLINGS ANNA, ALEXANDRA AND CHAD HOOPES ARE A TRIO OF SUZUKI-STYLE VIOLINISTS. FROM A WEDDING IN THE CARIBBEAN TO THE MALL OF AMERICA, FIND OUT ABOUT THEIR REMARKABLE TALENT.

PAGE 13

GETTING RID OF GLOBAL WARMING

ENVIRONMENTAL CLUB URGES SHAKER HEIGHTS MAYOR RAWSON TO JOIN THE KYOTO PROTOCOL. FIND OUT ABOUT THE HISTORY BEHIND THEIR ACTIONS AND WHAT YOU CAN DO TO HELP THE PLANET.

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View More Photos (33)

View All Friends

Send a Message

Poke!

Remove from Friends

▼ Status

7 updates this week. See All

Shaker is excited for spring break
Updated 20 hours ago

▼ Friend Details edit

You are friends with The Shakerite

▼ Mutual Friends

48 friends in common. See All

Solon Hathaway Brown St. Ignatius

▼ Shaker Heights Friends

250 friends at Shaker Heights. See All

The Newest Networking Trend

What was first perceived as just another Myspace, Facebook has now become a full blown social network. Students don't just leave quirky comments on each other's walls, they also advertise events and gossip about their teachers.

THE BEAT, PAGE 15

▼ Mini-Feed

Displaying 6 stories. See All

Today

Hutch and Principal Griffith are now friends. 8:34am

Yesterday

Shaker Speaks commented on Noteworthy's photo. 8:48pm

Newsweek
America's Best High Schools
The top 100

"Did you hear that Shaker was rated in "Newsweek's" top 1,000 American high schools? Check out Noteworthy page 5 to learn about the rankings and Shaker Speaks page 7 to read the editorial board's opinion of the system."

Schiopota wrote on the wall for the event New Stages 25. 8:47pm

The Shakerite is ready to be read by hundreds of Shaker students, parents and teachers. 8:14am

March 14

SHHS changed its profile picture. 11:11pm

Mr. Becker is working on new biology tests to give his sophmores. 8:45pm

COVER ILLUSTRATION

This month's cover illustration is based on a typical Facebook profile page. According to Facebook.com, the website "offers a social networking service for students, corporate, and geographic communities." Special features include social time lines and news feeds that keep members updated with Facebook activity.

What's Inside

03.27.07

EDITORS' NOTE

Staying true to student activism

Nowadays, it is difficult to excite students with anything other than poorly written MTV shows or Facebook pages. However, each week Shaker clubs attempt to pull students away from their "Two-a-Day's" rerun and into the realm of deeper social and political issues.

WESLEY LOWERY

Student-led activism is always admirable. And with clubs focusing on different facets of global involvement, there is no excuse for remaining removed from public issues.

The environmental club recently collected signatures for a petition to Mayor Judy Rawson asking her to sign the Kyoto treaty. By campaigning for this petition, Environmental Club not only got the word out about a cause that means a lot to them, but they also introduced the student body to a new aspect of activism.

ALLISON SCHARFSTEIN

Similarly, many clubs have made the choice to sacrifice meaningless but more popular events for ones that directly engage students. This past October, the Political Action Club hosted then candidate *Lee Fisher. The small auditorium appearance of the now-Lieutenant Governor* proved that cause-based events are capable of captivating students. And while it wasn't the most heavily attended activity of the year, those who went were not only engaged by a meaningful dialogue, but were also enlightened by an insider's view of the political scene.

Still, far too many clubs hold exciting yet irrelevant events, and though they draw larger crowds, pointless events undermine the purpose of many organizations. While organized with good intentions, these events, which should be drawing students into voluntary activism, are doing just the opposite; they only mislead students to believe activism can be achieved by eating pizza with friends and educate them with a watered-down version of the club's purpose.

We encourage clubs to resist the temptation to sugarcoat their events in pursuit of a greater turnout. By experiencing the difficulties of harnessing support for a given cause, event organizers develop a realistic expectation of the hardships involved in large-scale activism. Those in attendance at these events become directly involved in the club's efforts.

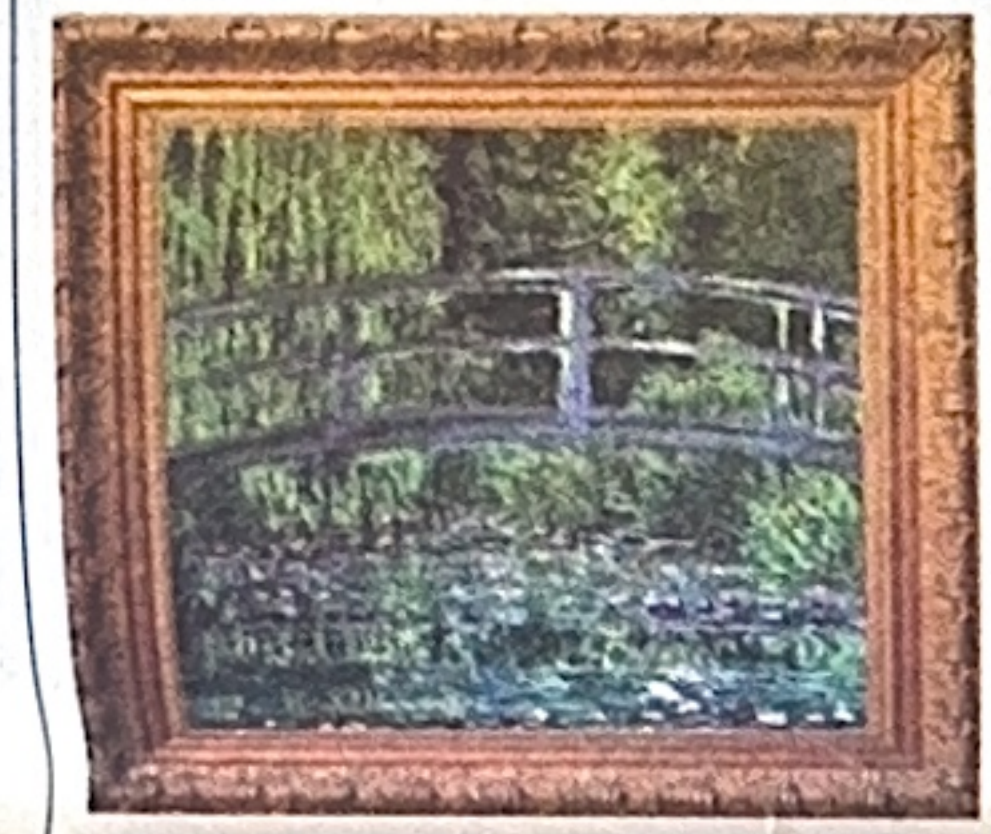
High school experience in political, social or environmental activism translates into a tendency to remain vocal in global efforts to improve the world. For students who aim to have an future impact, involvement in high school clubs is essential. Spreading awareness at the high school level is an ideal stepping-stone for public activism.

We hope that students can set aside their longings for parties and field trips and instead work together to develop strong stances that transcend high school parameters. In doing so, they will prepare both themselves and their fellow students for the many post-graduation challenges that lie ahead.

A COLORFUL NIGHT

THE CHANTICLEERS ENTERTAIN SHAKER RESIDENTS AT "A NIGHT FOR RED AND WHITE." THE SUCCESSFUL FUND RAISER CELEBRATED ITS 15TH YEAR THIS MARCH.

PAGE 4



CLAUDE MONET COMES TO TOWN

LIMELIGHT EDITOR JOSH DAVIDSON REVIEWS THE CLEVELAND MUSEUM OF ART'S NEWEST EXHIBIT, "MONET IN NORMANDY."

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The SHAKERITE
Volume 77 • Issue 7
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WINTER TIME WONDERS

SENIOR BASKETBALL STAR NICK WINBUSH IS AMONG THE SIX ATHLETES PROFILED BY THE *WINTER SEASON WRAP-UP. HEAD TO RAIDER* ZONE SEE WHO MADE THE CUT.

PAGE 18

Shaker Heights
Teacher's Association
SHTA
Professionals
Dedicated to Educating
Shaker Youth

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This Month

03.27.07

RAIN, RAIN GO AWAY

Get your raincoats out of the closet and have your umbrellas in hand because April is finally here. Even though the month of April is notorious for lots of rain, April 2007 is overflowing with fun events and activities. The month begins with spring break and continues the kickoff of spring sports and, as always, fun holidays. If you don't like rain, keep in mind the timely proverb "April showers bring May flowers."

IN A SHAKER MINUTE...

MEET YOUR INNER PRANKSTER

The well-known April 1 holiday, April Fools' Day is spent playing practical jokes on friends and family in an attempt to embarrass and fool others. Even though the jokes are all fun and games, sometimes the truth is perceived as a prank and can end devastatingly. A tsunami hit the shores of Hawaii and Alaska April 1, 1946 and people believed the warning was a big prank. As a result, 165 people drowned. The tsunami is known in Hawaii as the "April Fools' Day Tsunami".

HOLOCAUST MEMORIAL DAY

The Holocaust was one of the most deadly genocides in the world's history and each year on the 27th day of the Jewish Month Nissan the world stops to remember the horrible tragedy. The day has become known as Yom Hashoah Ve Hagevurah, meaning Devastation and Heroism Day. Since the creation of the memorial day in the 1950s, no specific rituals have been followed. Instead, the holiday is celebrated by remembering the events that took place in the Holocaust. You can also visit the Maltz Museum of Jewish Heritage to see an exhibit on the genocide.

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 April Fools Day Boston Celtics (A) @ 6 p.m.	2 Spring Break	3 Mentor @ 4 p.m. Minnesota Timberwolves (A) @ 7 p.m.	4	5 Miami Heat (H) @ 7 p.m.	6 Good Friday ♪ Mat Kearney @ House of Blues Washington Wizards (A) @ 8 p.m.	7
8 Easter Detroit Pistons (A) @ 1 p.m.	9 Easter Monday Euclid @ 4:30 p.m. ♪ Pretty Ricky @ House of Blues	10 School Reopens Bedford @ 4:30 p.m. Hudson @ 4 p.m.	11 Laurel @ 4:30 p.m.	12 Mayfield @ 4:30 p.m. Lake Ridge Academy @ 4 p.m. New Jersey Nets (H) @ 8 p.m.	13 Kenston @ 4 p.m. ♪ Christina Aguilera @ CSU Wolstein Convocation Center Bloodmobile	14 Spring Fling Atlanta Hawks (H) @ 7:30 p.m.
15 Holocaust Remembrance Day	16	17 University School @ 4:30 p.m. Cleveland Heights @ 4:15 p.m. Philadelphia 76ers (A) @ 7 p.m.	18 Lakewood @ 4 p.m. Milwaukee Bucks (H) @ 7 p.m.	19 University School @ 4:30 p.m. Brush @ 4 p.m.	20 Spirit Breakfast @ 7:15 a.m. Euclid @ 4:15 p.m.	21 Student Council Carnival 12 p.m.- 4 p.m. Parma @ 11:00 a.m.
22 National Jelly Bean Day	23 Chagrin Falls @ 5 p.m. Mentor @ 4:30 p.m. Mentor @ 4:15 p.m.	24 Hudson @ 4:30 p.m. Cleveland Heights @ 4 p.m.	25 Lakewood @ 4 p.m. ♪ Plain White T's @ House of Blues	26 Solon @ 4 p.m.	27 Beford @ 4:15 p.m.	28
29 ♪ Say Anything w/ Saves the Day @ House of Blues	30 Garfield Heights @ 4:30 Garfield Heights @ 4:15					

CALENDAR KEY

Men's Track Event
Baseball Game
Lacrosse Game
Cleveland Cavaliers' Game
Women's Track Event
Softball Game
Tennis Match
Musical Event ♪

Jelly Belly jellybeans: the sweet Easter treat of a nation

In the spirit of Easter, many people around the world are loading up on their holiday candy. Chocolate bunnies, marshmallow eggs and pastel colored M&Ms are all in popular demand. But the jellybean by far surpasses every other candy. Jelly Belly jellybeans, the most famous and popular manufacturer of Jelly Beans makes roughly 16 billion jelly beans for Easter, enough to fill a plastic Easter bunny 89 feet high and 60 feet wide. It is believed that jellybeans first came on the market when William Schrafft ran advertisements urging people to send jellybeans to soldiers fighting in the Civil War. But jellybeans didn't become an Easter tradition until the 1930s.

Jellybeans gained popularity when President Ronald Reagan began bringing them to Cabinet meetings. His addiction to jellybeans started in the 1960s while he attempted to kick a smoking addiction. When he took office in 1980, there were crystal jars full of his favorite Jelly Belly jellybeans all around the White House. At Reagan's inaugural party, guests consumed 40 million jellybeans, coincidentally almost same amount of votes he received in the election.

Since then, Jelly Belly jellybeans have created more interesting and fun flavors. Sport Beans, "sport drinks without the bottle," are designed to keep athletes energized through workouts. Another popular invention was the Bertie Bott's Jelly Beans, a spin off of the jellybeans eaten in the Harry Potter series consisting of flavors nobody would think to eat. There is no doubt that jellybeans are one of the most popular candies in America.

- Jelly Belly were the first jellybeans in outer space when President Reagan sent them up on the 1983 Challenger.
- Very Cherry remained the most popular flavor of Jelly Belly beans for two decades until 1998, when Buttered Popcorn moved into first place. In 2003, Very Cherry moved back into top position.
- The name Jelly Belly was created to rhyme with Leadbelly, a 1920s blues singer.
- Blueberry flavor was created for Ronald Reagan's presidential inauguration in 1981 when over three tons of Jelly Belly beans were consumed during the festivities.
- A portrait of President Ronald Reagan made from 10,000 Jelly Belly beans hangs in the Ronald Reagan Presidential Library in Simi Valley, Calif.
- Bertie Bott's Jelly Beans include flavors such as vomit, earwax, booger and earthworm.
- It takes seven to 21 days to make a single Jelly Belly jellybean.
- Enough Jelly Belly beans were eaten in 2006 to circle the earth more than five times.

MINOR IS SHOT BY SHAKER POLICE OFFICER

A 15-year-old Cleveland boy was shot in the shoulder by a police officer after being stopped on Fairhill Boulevard March 14. The boy was one of three passengers in a reportedly stolen car. The other two passengers, ages 16 and 17, were taken into custody. The bullet shattered the rear passenger window and entered the boy's shoulder. During the incident, the car hit a utility pole, splintering its base. In accordance with departmental policy, the officer was placed on leave while the case is investigated.

ROCKING NIGHT IN RED AND WHITE

BY ADRIA KINNEY
STAFF REPORTER

The Intercontinental Hotel was overflowing with sparkling evening gowns and dapper tuxedos Saturday, March 10 for A Night for the Red and White.

This event, on its 15th anniversary, featured a raffle and silent auction to raise money to help fund Shaker's art and theater programs. The funds raised are also used to purchase new computers and technology for the district. This year's event sold approximately 800 tickets.

"The money goes to the [Shaker Schools] Foundation, which then doles out the money to the schools to use as they see fit," said Christine Auginas, the executive director of the Shaker Schools Foundation. "The Night for the Red and White usually raises anywhere from $125,000-$130,000," Auginas said.

Last year, the event raised a net profit of $135,032. The money was used to upgrade 26 computers, install DVD players in all district classrooms and purchase musical instruments such as tubas and xylophones.

Included in this year's silent auction was the chance to be principal for a day at Onaway Elementary School, a children's birthday party at the fire house for ten children, a $50 gift certificate to the Melting Pot restaurant in Legacy Village and a week-long stay at the Royal Caribbean Resort in Cancun, Mexico.

Shaker parent Pamela O'Halloran views the entire night as a major plus for the Shaker school system and *a worthwhile, charitable experience. "It's the fun of seeing my friends and people in the community. It's nice to see the whole Shaker community come together," O'Halloran said. "There's tremendous energy among the teachers, students and administrators."*

The raffle tickets sold for $10 with prizes including an overnight stay for two at the Ritz Carleton hotel downtown and a private tour of the Rock and Roll Hall of Fame.

Anthony Lockhart, vice president of the Shaker School's Foundation, continues to sell seats in the large auditorium for $500 each.

The profits will be used to help fund the restoration of the large auditorium this spring and summer, with the name of the buyer to be engraved on the bottom of the chairs. "It's a very effective way to raise money," Lockhart said.

The high school Chanticleers, Men's and Women's Ensembles and Jazz Ensemble provided live entertainment during the affair. "It's an experience where you get to perform for people who provide a lot of the financial support," junior Crystal Wood said." If it wasn't for the Foundation we wouldn't have a lot of financial support for the arts."

In addition, the Senior Ensemble performed suspended animation, standing completely still for minutes at a time. "The idea is that people will be taken in after they spot the Senior Ensemble members," said the ensemble instructor Erik Johnson.

Overall, Shaker parent Valerie Crowley thought the event was a crowd-pleaser. "I love to go and support Shaker schools," she said.

Dan Snider • The Shakerite

SILENT AUCTION GOODS are lined up March 10 at the Intercontinental Hotel for A Night for the Red and White, a Shaker Schools fund raiser.

Mayor Judy Rawson announces she will not run for re-election

BY DIANA JACK
STAFF REPORTER

Shaker Heights Mayor Judy Rawson has announced that once her second term ends in 2008 she will not run for re-election. After eight years as the city's mayor, she has decided to step aside and open the field to others.

"Cities need to reinvent, people need to reinvent, institutions, especially City Hall, need to reinvent," Rawson said.

Prior to her election as mayor, Rawson spent eight years as a councilwoman and ten as a member of the city's planning department.

Rawson's proudest achievement as mayor was erasing the city's deficit without raising taxes.

She is also pleased that she and City Council have kept the city physically and economically attractive to new residents and businesses. In an effort to generating more tax revenue.

Among the Rawson Administration accomplishments are the relocation of 950 University Hospitals executive jobs into the former Office Max World Headquarters Building, the authorization of the renovation of Thornton Park and the development of the Van Aken and Sussex areas with new condominiums.

Rawson's executive assistant, Karin Petrosky, who has worked under Rawson since 2001, says that she will miss the personal relationship she and the mayor have developed. However, she is not going to be leaving City Hall with the mayor.

"I work for the City of Shaker Heights, and that's where my loyalty lies," Petrosky said.

The mayor plans to remove herself from politics, unless called upon for help, so she can take some time to relax.

"I plan to write, continue doing economic consulting and stay involved with the city and how it reinvents itself," she said.

One of several possible candidates for the newly opened position is Earl Leiken, the current vice mayor and former president of the Board of Education. He believes that his experience has prepared him to accept the responsibilities required of the mayor.

"A number of community leaders encouraged me to run if Judy Rawson did not," he said.

He said that Rawson has made "enormous progress" in eliminating the city's financial issues and in redeveloping business districts like Shaker Towne Center and the Van Aken strip.

Leiken wishes to keep Rawson's fiscal policies intact and work more closely with city residents, a plan that is consistent with Rawson's vision for her successor.

While she is proud of her terms as mayor, Rawson said that people, institutions and cities all need to "reinvent themselves."

"Shaker is a wonderful community, but [being mayor] is a very demanding job," Rawson said.

"My main goal is to catch my breath," Rawson said.

Shaker ranked below other Ohio schools in Newsweek

BY BOBBY O'CONNOR
NOTEWORTHY EDITOR

When "Newsweek" ranks the top 1000 public high schools, Shaker consistently makes the list along with other schools from Ohio.

The top 1000 high schools in the nation are ranked by "Newsweek" according to a specific calculation: the number of students who passed the Advanced Placement and International Baccalaureate tests divided by the number of graduating seniors. Scores of three, four or five on the AP Exam and scores of four, five, six or seven on the IB test. The lowest scores are roughly equivalent to a C or C+ in a college course,

In Northeast Ohio, Solon, Beachwood, Hudson, Westlake, Orange and Shaker Heights made the 2006 Top 1000 High School List.

Bob Hardis, principal of Beachwood High School, thinks that the number of AP test passed is just one *part of the best overall high school. "There are numerous ways to evaluate the performance of a school system; "Newsweek's" is but one," said Hardis. "I do believe that the number of AP courses a school offers and the number of students taking them is one important indicator of a school's academic rigor," he* added.

The list only represents the top five percent of public schools in the country. The magazine published national lists based on this formula in 1998, 2000, 2003 and 2005. Only public high schools are included on the list because they are the only schools required by law to report their passing numbers of AP or IB tests. All AP and IB tests taken are included, not just those taken by seniors.

"Our students are required to take the AP test for all AP courses they take with the exception of foreign language," said George Steyer, the principal of Solon High School. "They have the option to take the test in foreign language," he added.

A high school is not included in the rankings if its average SAT or ACT score significantly exceeds the highest average for any normal-enrollment school in the country. For 2006, this meant such schools had to have an average SAT score below 1300 on a 1600 scale or an average ACT score below 27 to be included on the list. This is done to exclude the charter schools, which have admission requirements that skew their student body.

The principal of Orange High School, Jack Thomas, said that he did not believe the ranking is misleading, and thought that his students receive an excellent education regardless of their position in the high school rankings.

"I believe that all the 'Newsweek' and 'U.S. News' ranking articles are interesting to read, but meaningless when it comes to a true evaluation of a school's worth Hardis said. "I've worked wi phenomenal teachers in schools that were rat 'underperforming' an lackluster ones in some highl ranked schools," he said.

School	Year Ranked		
	2003	2005	2006
Beachwood	144	229	366
Chagrin Falls	71	95	NR
Hudson	700	713	920
Orange	257	171	148
Shaker	255	188	326
Solon	135	146	140

School	Year Ranked		
	2003	2005	2006
Anderson	NR	1010	NR
Indian Hill	32	65	68
Madeira	NR	275	762
Oakwood	NR	405	387
Sycamore	357	538	970
Walnut Hills	NR	NR	65

School	Year Ranked		
	2003	2005	2006
Bexley	NR	744	838
Centennial	NR	1049	1192
Columbus Alt.	NR	716	300
Hudson	13	55	100
Olentangy	NR	NR	347
Orange	682	873	1033

NR means the school was not ranked
Infographic by Bobby O'Connor

USA news

1. MIDLAND, MICHIGAN

March 7 – A 17-year-old boy shot and wounded his ex-girlfriend at a central Michigan high school before fatally shooting himself in the head, Reuters reported. The incident occurred in a parking lot outside of the cafeteria at H.H. Dow High School in Midland. The boy was not a student at his ex-girlfriend's school. He called and asked her to meet him in the parking lot. The girl remains in critical condition but her injuries are not considered life-threatening, Reuters reported.

2. SAN FRANCISCO

March 7 – A U.S. appeals court ruled that a man could be charged with criminal assault after intentionally spitting on another man. Jeffrey Lewellyn was sentenced to 50 hours of community service and two years probation after he spat at a patient on the grounds of a Veterans Administration Medical Center in Walla Walla, Washington. He appealed the conviction, stating that spitting did not constitute an assault, but the U.S. 9th Circuit Court of Appeals ruled otherwise.

3. LOS ANGELES

March 6 – An Iraqi man triggered a security scare at Los Angeles International Airport after concealing a magnet inside his rectum. The man, identified as Fadhel al-Maliki, 35, set off an alarm during passenger screening at the airport. A bomb squad was called to examine what was deemed a suspicious item found during a body cavity search of the man. Maliki, who lives in Atlantic City, New Jersey, was preparing to board a US Airways flight from Los Angeles to Philadelphia. The plane was thoroughly searched but nothing was found, Reuters reported.

4. BEDFORD, INDIANA

March 5 – Pilot Eric Johnson, 47, and his 8-year-old daughter, Emily Johnson, died when he crashed a small plane into the home of his former mother-in-law. Police are calling the incident a likely murder-suicide. The girl's mother reported her daughter missing and said she believed her ex-husband, Johnson, had abducted her, Reuters reported. The single-engine *Cessna plane crashed into the side of the house where Vivian Pace, Johnson's former mother-in-law, lived. No one was injured inside the home. Johnson shared custody of the 8-year-old with his ex-wife, Beth Johnson, and had spent the past week vacationing with his daughter, but when Emily did not arrive at school March 5 her mother went to report her missing.*

World news

1. TOKYO

March 8 – A magnitude six earthquake was registered off the southeast coast of Japan. The focus of the tremor was near Torishima, an uninhabited island 600 kilometers south of Tokyo. By the time it reached the Japanese coast, the earthquake was measured at a two. There were no immediate reports of injuries or damage and no tsunami warning was issued. Japan is one of the planet's most seismically active areas, accounting for about 20 percent of the world's earthquakes of magnitude six or greater.

2. PHNOM PENH, CAMBODIA

March 13 – The former Cambodian Prime Minister, Prince Norodom Ranariddh, was sentenced to 18 months in jail for selling his party's headquarters. Ranariddh sold the Funcinpec headquarters for $3.6 million dollars after being ousted by the party last year. Prime Minister Hun Sen and Ranariddh were co-prime ministers until 1997. Ranariddh, who is in Malaysia, dismissed the sentence as politically motivated to prevent him from running in the national elections next year. The prince did not plan to appeal the verdict, but might seek a pardon from King Norodom Sihamoni.

3. BERLIN

March 12 – One of Germany's main political parties is attempting to have Adolf Hitler stripped of his German citizenship. Almost 75 years after Hitler was granted German citizenship, the Social Democrats want to deny the Nazi dictator his nationality. The Austrian-born Hitler gave up his Austrian citizenship in 1925 and secured a civil position. This automatically granted him German citizenship and allowed him to stand for election as president of the German Reich the following month. A year later Hitler secured the Chancellorship.

4. HARARE, ZIMBABWE

March 12 – Morgan Tsvangirai, a Zimbabwe opposition leader, was hospitalized with a deep head wound and swollen face after arriving in court with dozens of others arrested during political protests. Tsvangirai said that he had suffered "terrible" treatment in police custody. Tsvangirai and other protesters were tortured after their arrest during a prayer meeting. One man was fatally shot when riot squads moved in to crush the rally.

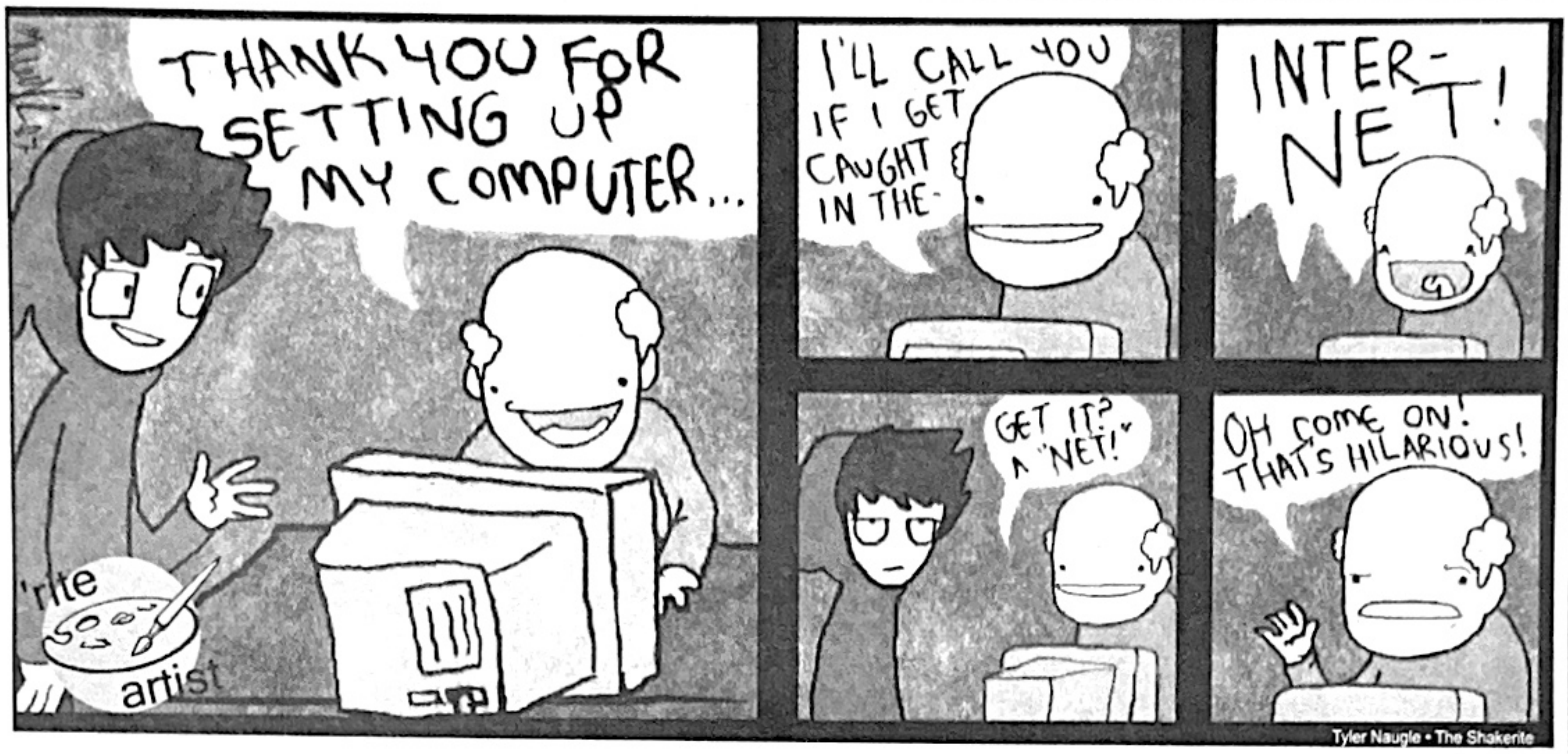
Infographic by Bobby O'Connor
Compiled from Reuters.org

Shaker Speaks

03.27.07

OGT TEST NOT TESTING THAT MUCH AT ALL

While the rest of the school slept, sophomores were subjected to taking the Ohio Graduation Test. However, the test doesn't actually measure what you know; instead it shows how well you can take a standardized test. Regurgitating knowledge onto a scantron is a poor excuse for an education standard. Tests are necessary, but they need to require individual thought, not just filling in a bubble. While it's important that all students have a minimum level of education, the OGT is not the way to measure this.


THANK YOU FOR SETTING UP MY COMPUTER...
'rite artist
I'LL CALL YOU IF I GET CAUGHT IN THE-
INTER-NET!
GET IT? A "NET!"
OH COME ON! THAT'S HILARIOUS!

Tyler Naugle • The Shakerite

RATING THE RANKING SYSTEM

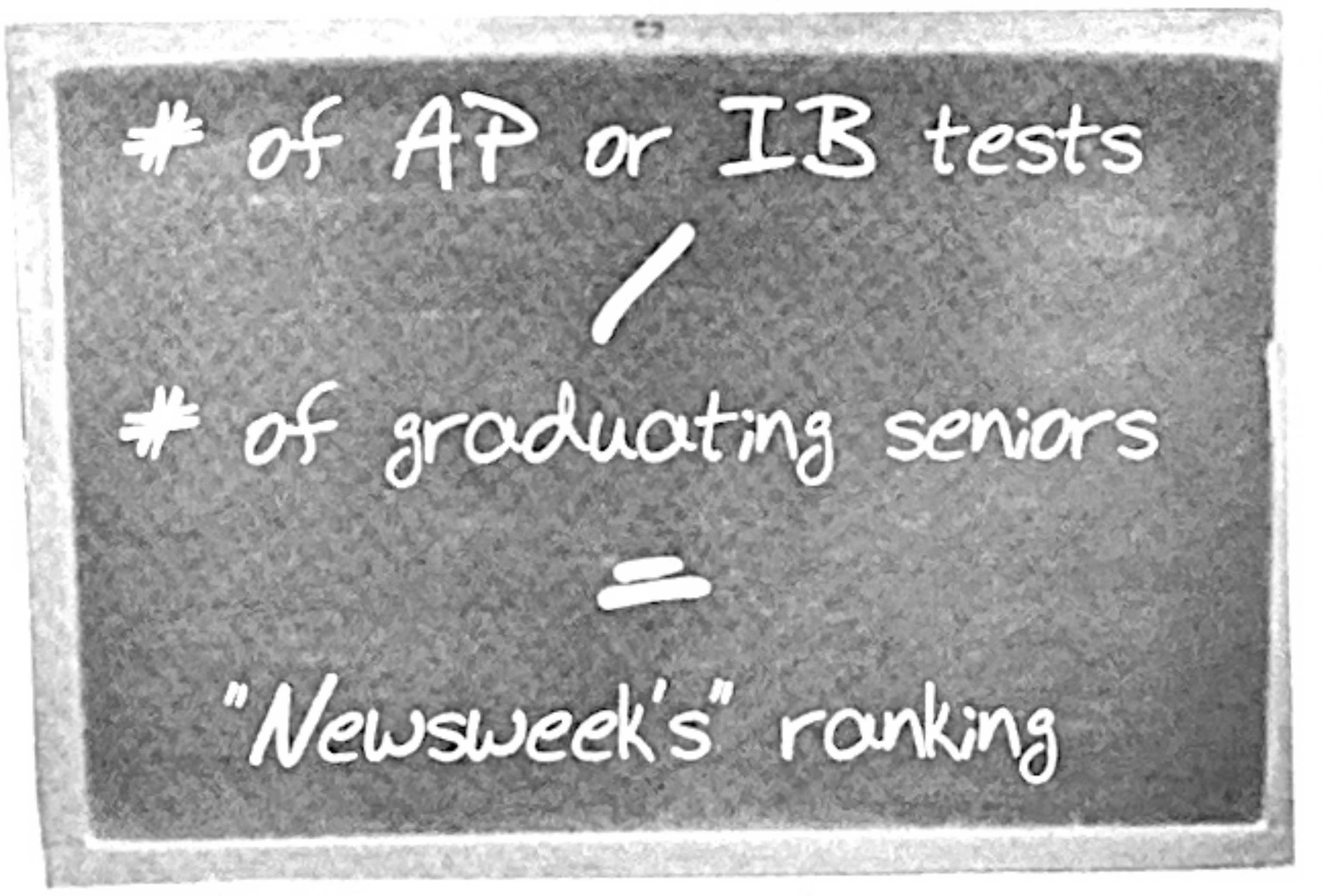
• "Newsweek's" public high school ranking system is critically flawed

Shaker was rated 328 in "Newsweek's" 2006 list of the top 1000 high schools in the US. While this number may seem shockingly low, especially when compared to 2005's 188 ranking, consider how the rankings are calculated before getting too worried.

In their absurd method of ranking, "Newsweek" takes the number of Advanced Placement or International Baccalaureate tests taken by all students and divides it by the number of graduating seniors. Without considering any other academic aspects, "Newsweek" unjustly organizes public high schools into a biased ranking system.

The first thing to consider when evaluating this magazine's ranking system is the cost of AP and IB exams. Both exams cost upwards of $80 thus alienating families with a lower yearly income. This would obviously disadvantage schools with a more diverse socioeconomic make-up, while rewarding schools with predominately upper class student populations. Though some financial aid is extended to families of students who cannot afford to pay for the exam, help is provided on a limited basis and does not fully cover the cost of exams. Shaker's ranking suffers as a result of our socioeconomic diversity, when in reality it is an asset to our school community.

"Newsweek" also neglects to take into account students' individual scores on the exams. While a passing grade is required for inclusion in the calculation, the grades are otherwise left unconsidered. This means that schools whose students take a relatively large number of exams and score all threes will actually be rated higher than a school whose students take fewer exams and score fours and fives. This lowers Shaker's rating because we take fewer AP exams but generally score much higher than other districts.



'rite idea

The ultimate flaw with "Newsweek's" ranking system is not that it is biased but rather that it exists. The article did not offer a clear reason as to what purpose the high school rankings serve. It only inflates the egos of schools that place highly on the list. On their website, "Newsweek" acknowledges that there is no holistic way to rank high schools. So instead of revising their ranking system, they should simply abandon the practice all together. Abolishment is the only way to right this completely corrupt system.

By playing the numbers game, "Newsweek" and publications that use similar methods to rank America's schools are sending the message that the sole purpose of public schools is to produce AP level students. While Shaker is a district that prides itself on an above-average AP program, it is ludicrous to suggest that the district's merit can be accurately determined by examining the utmost level alone.

The number of AP and IB tests taken cannot calculate the true caliber of a school district. Truly effective districts should offer academic excellence not only at the AP level, but also in Honors and College Preparatory programs. True excellence involves reaching out to students at all levels of development, from the students who are National Merit Semifinalists to those who are struggling to graduate. Shaker has shown that offering options for scholars of all academic levels is a realistic goal for public schools. By continuing to produce an impressive number of AP students while simultaneously and effectively working to close the academic achievement gap, Shaker has done more than many of the country's other "top" high schools.

Unspoken rules reign supreme in high school

Sam Winegardner

We are a community of rules. From our grass height to our up and down staircases, everything in Shaker is pre-designated. But there are more prevalent, unspoken rules that students follow every day.

These rules dictate whether it's awkward to say hi to a certain person or when to call shotgun (by the way, to call shotgun everyone must be outside and in sight of the car). How do you decide between a recognizing head nod and a full-blown dap-up, complete with the half hug?

Think about this; you walk by dozens of kids who you know between every class without saying hi to them or acknowledging them in any way. You know these people's names, yet in a school setting, you refuse to verify their presence. You know the kid from second grade who peed on the teacher and you know the kid from study hall freshman year who lit up a Black and Mild in class, but after time you begin to ignore them.

The rules extend beyond the hallways. In the lunchroom and senior lounge, everyone sits in the exact same spot every day without fail. If you don't believe me, sit at someone else's regular lunch table and watch them glare at you like Pops when he catches you parking in the teachers' lot. In the bathrooms it gets more touchy (not literally), especially for males. How do you choose which urinal to go to if the middle one is occupied? No one likes the feeling of another person at the next urinal while they are handling business, regardless of how friendly they are.

For the record, speaking should be forbidden while in the urinal area, to prevent the awkward situation of holding a conversation while holding yourself. Now, I cannot speak for girls, but I think it is safe to say that you aren't giving each other high fives and make-up tips in the bathroom stalls. But as a senior, what am I going to do when I leave? Will these rules follow me? Will I be able to call "nose goes" next year when I'm too lazy to open the door for someone? When I get my first office job, will my co-workers forgive me for farting during a meeting if I call "safety"?

Maybe it's apprehension about the change of scenery, but if you think about it, the unwritten rules make us comfortable with our surroundings. It is knowing that you can sit at the same lunch table with your friends every day, without having to worry about the smelly kid from your French class showing up.

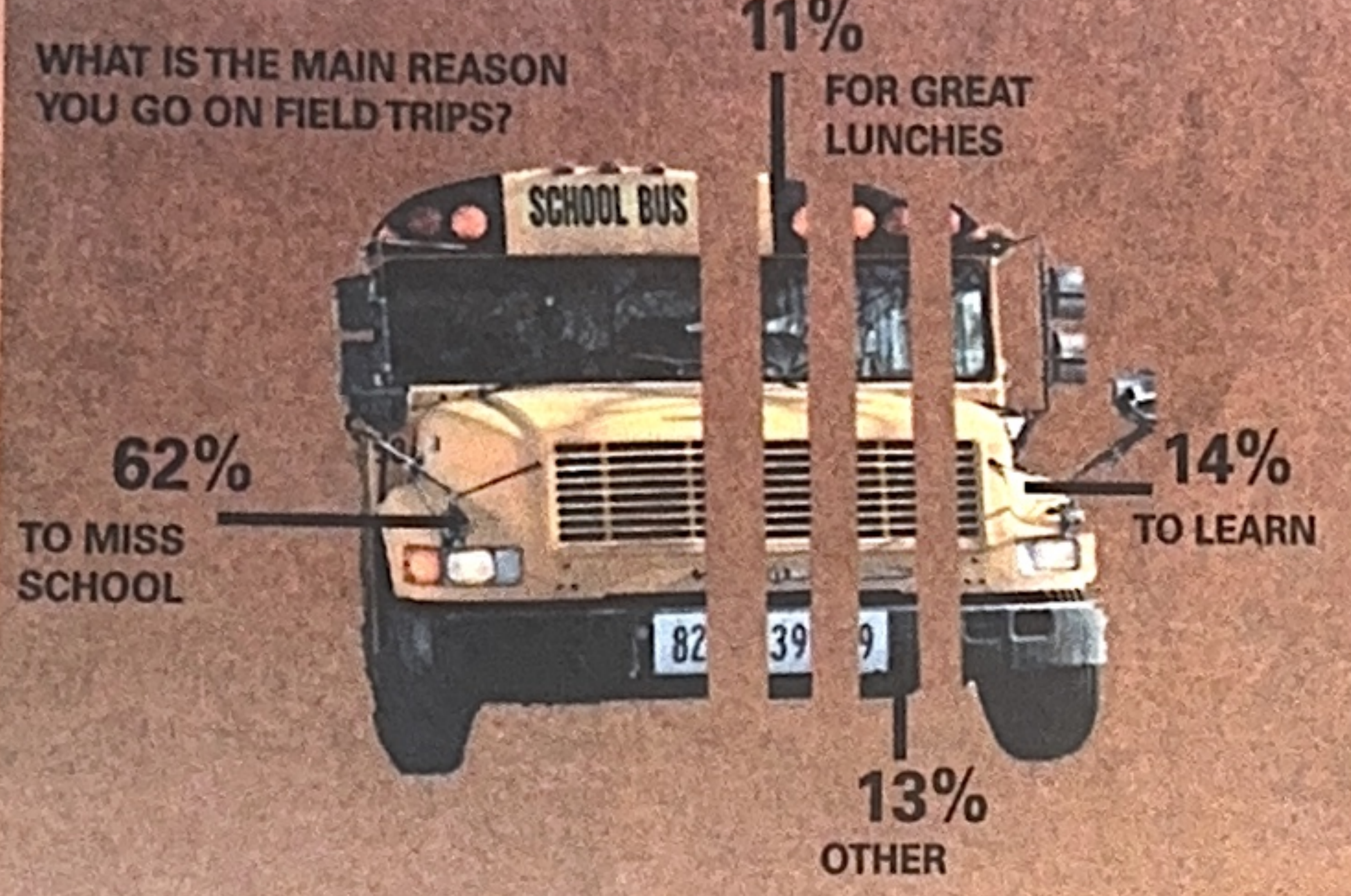
For now, all I can do is enjoy these rules while I still can. I will bank on the fact that if I say "sawds" or shout an inside joke to one of my friends in the halls, I won't be stared at like I'm Michael Jackson. I know that I can dress up in short shorts and tube socks for 80s day and get away with break dancing in the middle of the halls.

I can only hope these accepted social norms will be continued at college, and if not, what am I going to do?

FIELD TRIPS LACK ACADEMIC PURPOSE

• Excursions should revive student enthusiasm for learning

'rite idea



In elementary school, field trips were fun. Sure, it was exciting to miss school, but we were also eager to visit a new place and learn about something we may never have heard of before.

Before high school field trips were genuinely exciting; not because we got to miss school, but because we got to go somewhere different to learn. Looking at paintings in the art museum inspired us to create our own projects. Walking inside the giant tooth at the health museum was a fun way to learn about our bodies. Experimenting at the Great Lakes Science Center encouraged our minds to wonder. Instead of learning everything while seated in a classroom, we acquired knowledge through hands-on experiences.

So what happens in high school? In science classes we occasionally venture into the lab, but for the majority of our classes we are relegated to our desks.

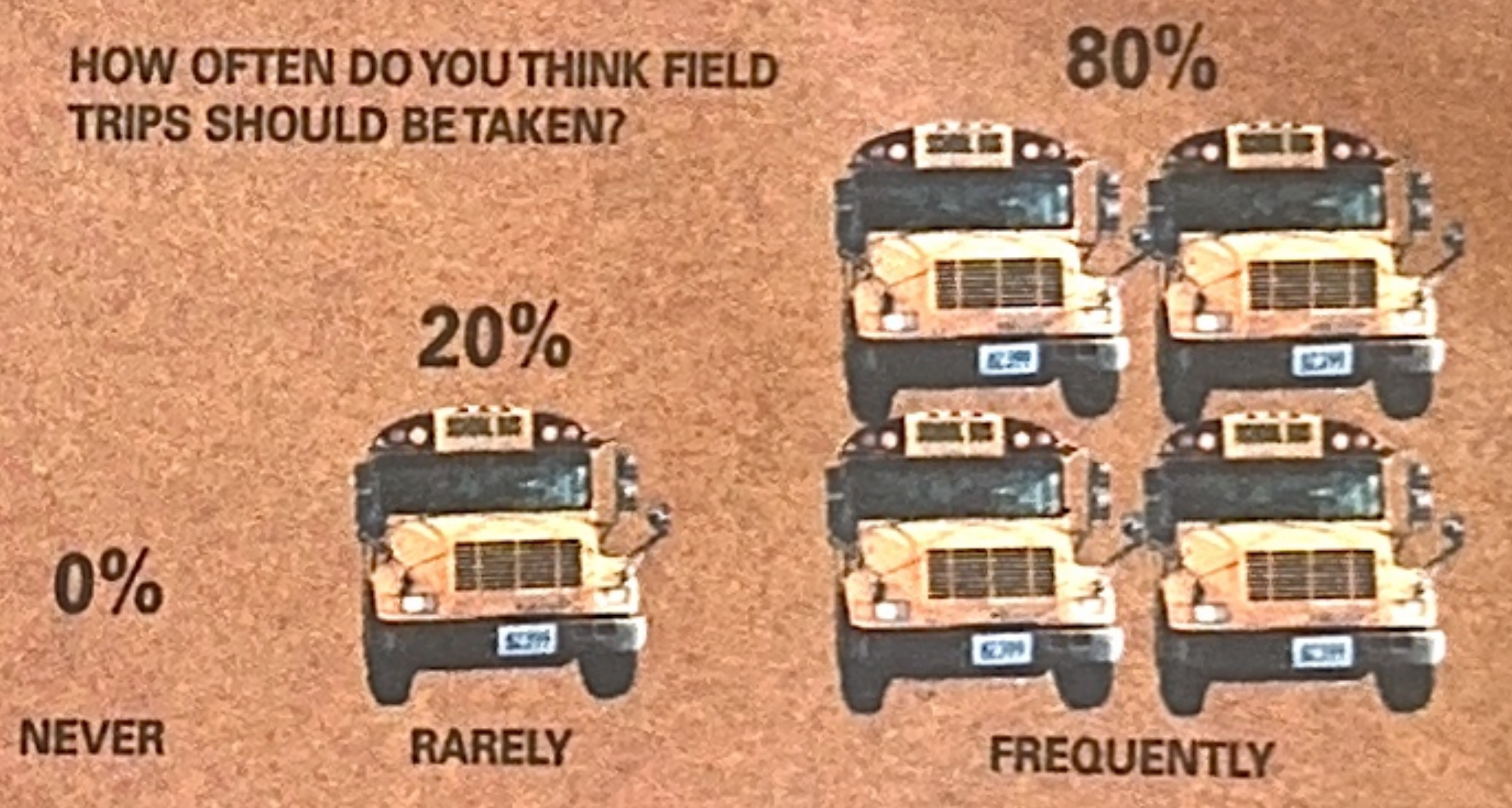
During high school, when students accumulate the bulk of their knowledge, field trips should be used to provide interactive enrichment for classroom learning. Instead of seeing movies and going out to eat, teachers should invest in field trips to local museums and places like the NASA Space Center. In spending time outside of the classroom, we can experience different things and renew our passion for learning by changing the way we view it.

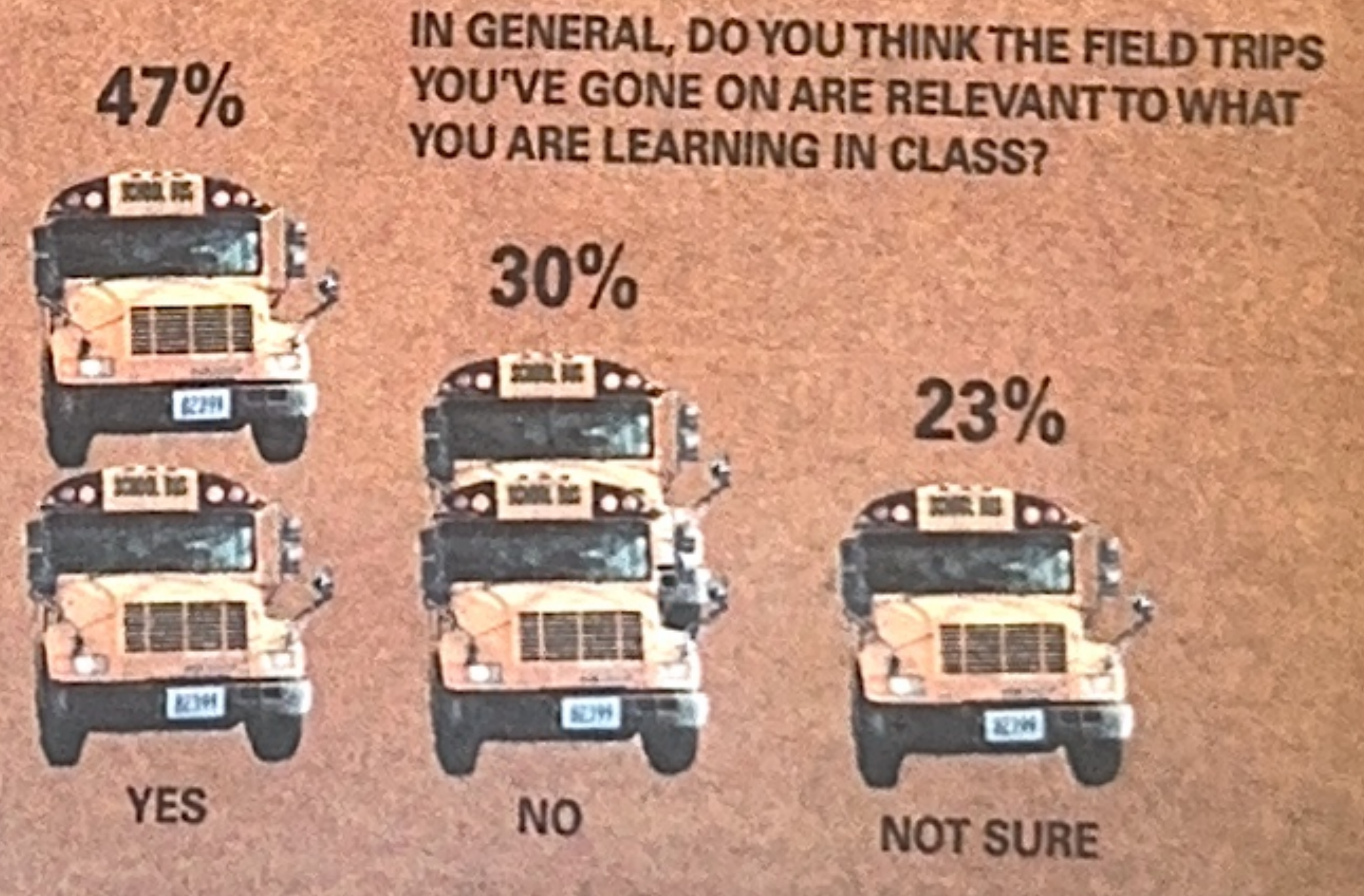
Even the most motivated students can get bored taking lecture notes all day. Going on meaningful field trips that apply ideas taught in the classroom to real-world situations is the best way to keep students excited about learning. Once students have lost interest, they lose all hope of learning.

Field trip ★ chart

HERE'S A SAMPLING OF SOME OF THE FIELD TRIPS SHAKER STUDENTS HAVE BEEN ON THIS YEAR. SEE HOW THE EDITORIAL BOARD RATED YOUR FAVORITE FIELD FOR IT'S OVERALL AFFECT.

★★	**"FREEDOM WRITERS" MOVIE**
★★★★	**GREAT LAKES THEATER FESTIVAL**
★★★★	**ANDY WARHOL MUSEUM**
★★★★	**PRODUCTION OF "OF MICE AND MEN" AT PLAYHOUSE SQUARE**
★★★★★	**HOLOCAUST EXHIBIT AT THE MALTZ MUSEUM**
★★★★★	**THE MONET EXHIBIT AT THE CLEVELAND MUSEUM OF ART**
★★★★	**CHRISTKINDLMARKT IN AKRON**
★★★★★	**CLEVELAND INTERNATIONAL FILM FESTIVAL**
★★★★	**DANCE AFRIKA DANCE PERFORMING ARTS COMPANY**





Scientific telephone poll of 100 students with a margin of error +/- 10 percent.

Bobby O'Connor • The Shakerite

The Core

9

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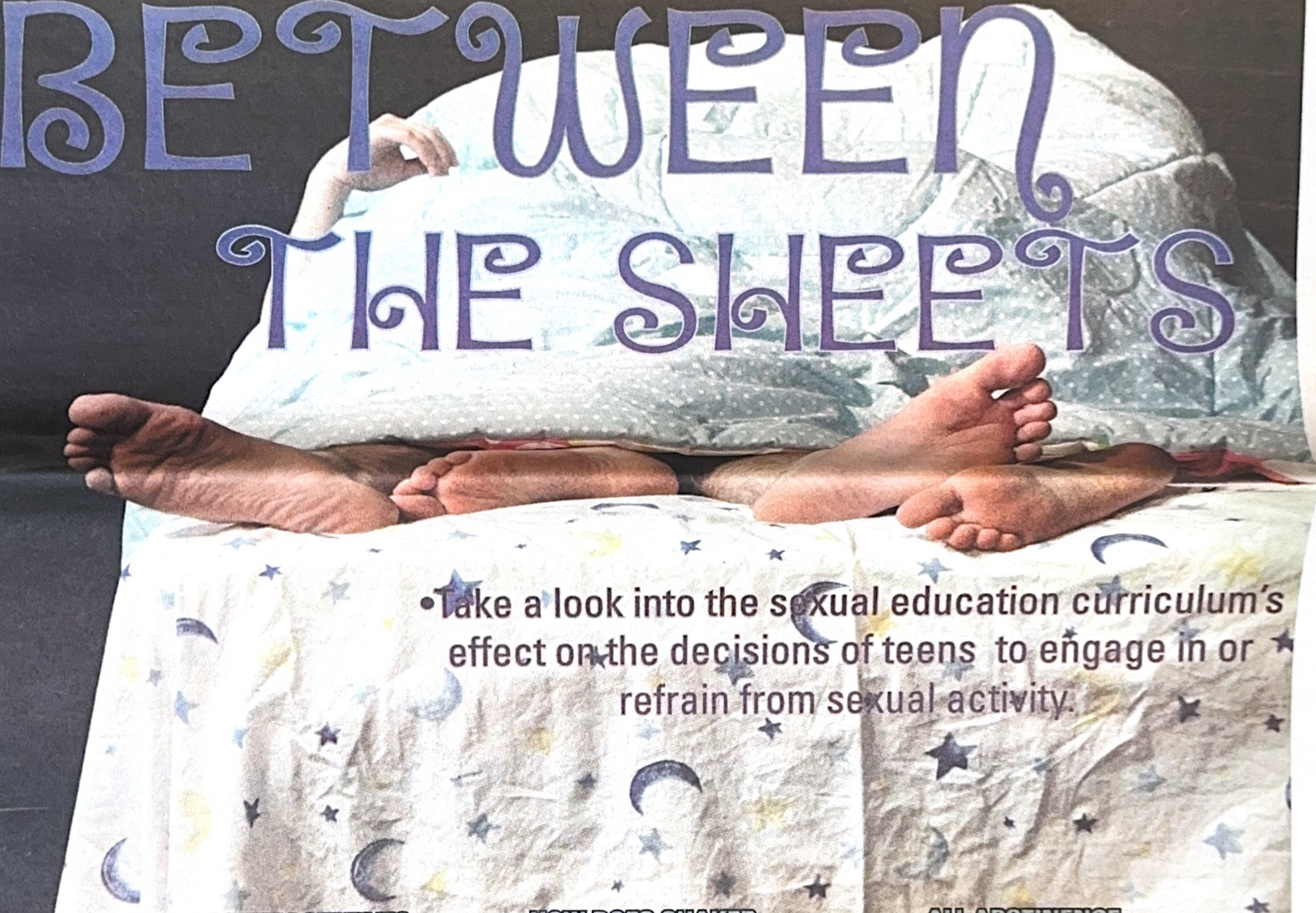
BETWEEN THE SHEETS



•Take a look into the sexual education curriculum's effect on the decisions of teens to engage in or refrain from sexual activity.

WHICH CONTRACEPTIVES MAKE THE GRADE?

KEEP IT SAFE, FIND OUT WHAT PROTECTIVE GEAR IS WORTH THE CASH

PAGE 10

HOW DOES SHAKER STACK UP?

STUDENTS AND STAFF SOUND OFF ON THEIR VIEW OF THE SHAKER HEALTH CURRICULUM

PAGE 10

ALL ABSTINENCE ALL THE TIME

WAIT
55
WHAT'S YOUR SIGN?

IS IT TIME FOR SCHOOLS TO FOCUS SOLELY ON ABSTINENCE?

PAGE 12

Photo illustration by Adam Maraschky

SEX ED FIGHTS TO ADAPT TO TEEN LIVES

Health classes breeze, snooze

BY ALEXA SYKES
STAFF REPORTER

A semester of health education is required at Shaker in order to graduate. Though there is the option of taking the course online for a $300 fee, most students who take health class are able to receive a passing grade by participating in discussion, turning in homework, or sitting in a chair for 50 minutes a day.

"I loved health class," said sophomore Cara Wood who took the course first semester. "Most people in my class got really deep into discussion."

"It [discussion] helped our class understand the precautions of things going on in the world like STD's," Wood said.

Some of the topics discussed in health class include nutrition, drug abuse, sexually transmitted diseases, suicide, fitness and sex. Students are assigned to do projects such as making poster boards, collages and other visuals that deal with the subject they are studying. Some students see these projects as unnecessary busy work. "I didn't really gain anything from doing the projects, I just turned them in for a grade," said Wood.

A common misconception is that health class is centered just towards sex. Sophomore *Anna McDonough noted that the majority of class time is spent learning about the how to take care of your body, and what will happen if you don't.*

"Sex education and health education are completely different," said McDonough. "We learned most of the sex stuff in middle school, but I think teachers think there are more serious issues that need to be dealt with in class."

Junior Vivica Tress who took the class last year said, "For the most part the information was either obvious, we had already learned it in the middle school or completely unnecessary."

> " For the most part the information was either obvious, we had already learned it in middle school or completely unnecessary. "
>
> Vivica Tress • junior

The health teachers are Christine Dorenkott and Hubert McIntyre, who both feel health class is very important. "Health is a holistic science that encompasses the students' physical social and emotional well being. The knowledge and understanding of sex education is a critical part of their holistic development," Dorenkott said.

Some students say that in order to pass the class, paying attention is not completely necessary. "I sometimes pay attention, but I'm doing just fine," said sophomore Anna McDonough who is currently enrolled in health.

Regardless of how students feel about the class, Dorenkott and McIntyre are required by the state of Ohio to teach certain issues. "Unfortunately we only have one semester for health," Dorenkott said. "Everything we teach has been connected to the state's standards."

Health education standards for Ohio include lessons on disease prevention, reducing health risks, influences on health, using communication skills to promote health, setting goals for good health, and health advocacy. Students are required to complete projects and be able to identify definitions, procedures, and facts associated with the topic.

Dorenkott and McIntyre do not notice a regular pattern of unexcused or excused absences. "Most students attend health class on a daily basis. Periodically students are absent due to a field trips, medical appointments, illnesses and suspensions," said Dorenkott.

Unlike most other classes offered at Shaker, the health curriculum is not meant to be difficult, but to teach students about subjects that will probably come up later in life. "I remember a lot of things I learned in health last year," Tress said. "Health was a very easy class, but we did learn some things that are important."

NAME	MALE LATEX CONDOM	FEMALE LATEX CONDOM	DIAPHRAGM WITH SPERMICIDE	THE PILL	THE PATCH	THE RING	INJECTION	ABSTINENCE
DESCRIPTION	A sheath placed over the erect penis blocking the passage of sperm into the vagina.	A lubricated polyurethane sheath shaped similarly to the male condom. The closed end has a flexible ring that is inserted into the vagina.	A dome-shaped rubber disk with a flexible rim that covers the cervix so that sperm cannot reach the uterus. A spermicide is applied to the diaphragm before insertion.	A pill that suppresses ovulation by the combined actions of the hormones estrogen and progestin.	Skin patch worn on the lower abdomen, buttocks, or upper body that releases the hormones progestin and estrogen into the bloodstream.	A flexible ring about 2 inches in diameter that is inserted into the vagina and releases the hormones progestin and estrogen.	An injectable progestin that inhibits ovulation, prevents sperm from reaching the egg, and prevents the fertilized egg from implanting in the uterus.	Absence of intercourse in sexual activity
USE	Applied immediately before intercourse; used only once and discarded.	Applied immediately before intercourse; use only once and discarded.	Inserted before intercourse and left in place at least six hours after; can be left in place for 24 hours.	Must be taken on daily schedule, regardless of frequency of intercourse.	New patch is applied once a week for three weeks. Patch is not worn during the fourth week, and woman has a menstrual period.	Inserted by the woman; remains in the vagina for three weeks, then is removed for one week.	One injection every one to three months.	Do not have intercourse
PROTECTION FROM STDS	Except for abstinence, male latex condoms are the best prevention against STDs	May give some protection from STDs	None	None	None	None	None	Completely protective
FAILURE RATE	11/100	21/100	17/100	2/100	2/100	2/100	Less than 1/100	0/100

THE STRAIGHT UP FACTS ON STDS

A sexually transmitted disease is a bacterial, viral or parasitic infection contracted through sexual activity. The United States has the highest STD rates of any industrialized country in the world, with nearly 18.9 million new cases of STDs (excluding HIV) each year, almost half of which afflict people between the ages of 15 and 24. Almost half of all Americans will contract an STD in their lifetime.

HAVE YOU TAKEN HEALTH AT THE HIGH SCHOOL?

Yes **67%**
No **33%**

HOW INFORMATIONAL WAS THE SEXUAL EDUCATION PORTION OF THE CLASS?

Very **10%** Somewhat **83%** Not at all **7%**

DO YOU KNOW WHERE AND HOW TO GET CONTRACEPTIVES (BIRTH CONTROL) AND PROPHYLACTICS (STD PREVENTATIVES, SUCH AS CONDOMS)?

Yes **89%**
No **11%**

Scientific poll of 100 students with a margin of error +/- 10 percent. Shakerite staff interviewed students.

Chlamydia
Chlamydia is the most frequently reported STD in the U.S., with approximately three million new infections each year. It is difficult to identify because it often does not show signs until it has caused severe symptoms such as severe at testicle inflammation or pelvic inflammatory disease and thus is usually only caught by routine tests. It is contracted when sexual fluids containing the bacteria come in contact with the mucous membranes. Though a condom cannot absolutely prevent infection, it can greatly reduce the chances of contracting chlamydia. Chlamydia can be cured with antibiotics.

Hepatitis A and B
Hepatitis A and B both are viruses that affect the liver. Hepatitis A shows flu-like symptoms but results in no long-term infection. Hepatitis B is a lot more serious and can result in serious conditions and even death. Every year, more than 170,000 people contract hepatitis A or B. One out of every 20 Americans will become infected with hepatitis B sometime in their life, and the disease kills about 5,000 people each year. Hepatitis B is spread through the blood and bodily fluids of an infected person. Both A and B can be prevented with vaccines, but there is no cure for hepatitis B

Gonorrhea
Gonorrhea is a common bacterial STD that infects approxi*mately 700,00 Americans each year, 75 percent of whom are between the ages of 15 and 24. The most common,* obvious symptom is pain while urinating. Gonorrhea can infect any of the genital areas and the mouth but can spread to the throat and even the eyes. Antibiotics can cure gonorrhea, but if left untreated the disease can cause life-threatening conditions.

Herpes
Genital herpes is a common infection caused by two viruses, herpes simplex virus type 1 or herpes simplex virus type 2. Oral herpes most commonly comes from HSV-1 and genital herpes is caused by HSV-2. More one in five American adults have genital herpes. Almost nine out of every 10 infected people are unaware that they have herpes. Though those infected often experience long periods without outbreaks, symptoms include sores and blisters in the genital area and other areas on the body. Herpes is transmitted through direct skin-to-skin contact with the active virus, often during sexual activity. Antiviral medication can reduce the length and frequency of outbreaks, but there is no cure for herpes.

Human Papilloma virus
HPV is the name for nearly 100 types of viruses that infect the skin. The disease afflicts approximately 6.2 million people in the Unites States each year 4.6 million of who are between the ages of 15 and 24. Most infected people show no symptoms, but symptoms can include genital warts and genital infection. Certain HPV viruses have been linked to cervical cancer. Genital HPV is most commonly transmitted through skin-to-skin contact most often during sexual activity. Condoms reduce the chances of contracting HPV, but they cannot completely prevent becoming infected. A vaccine has recently become available, and some states are recommending that all teen girls receive it.

Syphilis
Syphilis is a sexually transmitted disease that progresses in three stages. During the first two stages, it can be treated and cured with antibiotics. Once the disease has advanced to the third stage, paralysis, blindness, dementia and death can occur. Syphilis is transmitted through skin or mucous membrane contact with an infected sore. The symptoms include, most noticeably, sores that begin on the genitals but spread to cover the entire body. A simple dose of penicillin can cure syphilis, and the use of a condom can greatly decrease the chances of contracting the disease.

Honesty best policy: Teens find honest sex talk gives useful info

BY KELSEY DEFOREST
THE CORE EDITOR

"Let's talk about sex."

These words represent both a catchy song and one of the biggest nightmares through which a teen can suffer.

"At first, it was a little awkward," sophomore Randy Brewton said, who talked to his parents about sex at the beginning of his freshman year.

He explained that once his parents started talking it just became like a normal conversation.

It is not always up to the parent to start the conversation.

An article on the Mahoning Valley, Ohio's Planned Parenthood website said that teens may feel more comfortable and in control if they initiate the conversation with information such as what is going on in their lives on a day to day basis.

"Believe it or not, most parents would love to talk to their kids," the article stated. "About anything, but especially about sex. They just don't know where to begin."

Once the lines of communication are open, honesty is appreciated.

> " Your parents should be your first resource because friends do not always have accurate information. "
>
> Anthony Adkisson • Planned Parenthood Education Manager

In many cases the conversation is easier when participants are honest about being or not being sexually active.

"Be completely honest and up front," advises Anthony Adkisson, the manager of Education and Training for the Planned Parenthood of Greater Cleveland.

He said this should apply to both parties. "Teens should know that their parents have been through similar experiences."

"They just kind of said be careful and stuff like that," junior Alexandra Dimeff said.

Dimeff's parents sat her down to talk about sex her freshman year. She said that it is now easier to talk to her parents about what is going on in her life.

"Just take it seriously," advised Brewton, who found that his parents were exposing him to worthwhile information about diseases and protection.

"Always listen to what the parents are trying to say [and] ask questions," Adkisson suggested.

"Your parents should be your first resource because friends do not always have accurate information, he continued."

"It was kind of awkward," said Dimeff, "but I thought it was worthwhile."

NATIONAL EFFORTS FOR ABSTINENCE

BY WESLEY LOWERY
EDITOR IN CHIEF

According to the 2006 Center for Disease Control poll, 61 percent of graduating high school seniors have had sex. As Ohio's teenage pregnancy rate continues to fluctuate around 30 percent the debate over whether the most effective means of sexual education is comprehensive programs or abstinence-only programs, continues among students, parents and educators.

The state of Ohio requires that curriculums "emphasize that abstinence from sexual activity is the only protection that is 100 percent effective against unwanted pregnancy, sexually transmitted disease and the sexual transmission of a virus that causes acquired immunodeficiency syndrome." Health classes must also cover venereal diseases.

Shaker's health curriculum covers both contraceptives and STD prevention. Shaker Health teacher Christine Dorenkott says the program focuses on holistic health education. "The knowledge and understanding of sex education is a critical part of their holistic development," Dorenkott said.

While 35 states require that schools include the encouragement of abstinence in their Health curriculum, there has been a recent push to make abstinence the sole ingredient in sexual education. Operation Keepsake, an Ohio-based organization that promotes sexual abstinence until marriage, offers abstinence-only programs for middle and high schools. The programs have been used in multiple Cleveland-area schools, including Kirtland Middle School and Warrensville Middle School.

> "Quite frankly, most of Ohio's current abstinence programs contain numerous medical inaccuracies."
>
> Mary O'Shea • Planned Parenthood administrator

Kirtland Middle School Principal Henry Siskind helped bring Operation Keepsake to Kirtland after working with its predecessor, Responsible Sexual Values Program, at Euclid Central Middle School. Students at KMS receive instruction for one school week each year, spending 40 minutes each day with the Operation Keepsake staff. According to Siskind, the program has been well-received in the district. "The abstinence program is a perfect fit with our health curriculum," Siskind said.

The federal government first provided funding for abstinence-only programs in 1999, when Congress set aside $80 million in grants for religious, civic and medical organizations. According to the grants, organizations must limit all discussion of contraceptives to failure rates in order to be eligible. The amount of federal funding for abstinence-only programs has grown drastically during the Bush administration, reaching as high as $168 million in 2005.

Opponents of abstinence-only programs claim that the method is ineffective, citing nationwide cases of higher pregnancy rates in districts limiting their sex education to abstinence. Last August, Timken High School in Canton rewrote its health curriculum after finding that during the 2005 school year, 65 of the school's 490 female students were pregnant. Earlier this year, the Associated Press reported that, while the district will continue to teach abstinence, the Board of Education voted to expand the curriculum to include information about the use of contraceptives.

Planned Parenthood, an international provider of reproductive health services, views abstinence-only programs as a deliberate attempt to misinform students. Their website states that such programs "promote alarmist misinformation about sexual health and force-feed students religious ideology that condemns homosexuality, masturbation, abortion and contraception," adding that these programs "are one of the religious right's greatest challenges to the nation's sexual health."

Mary O'Shea, an administrator at Planned Parenthood's educational department in Cleveland, reiterated the site's message. "Many of the groups currently receiving federal funding work solely to promote religion." O'Shea added that she rejects abstinence-only programs as a legitimate education option. "Sex-ed needs to be complete and accurate, and quite frankly, most of Ohio's current abstinence programs contain numerous medical inaccuracies."

Regardless of the legitimacy of abstinence-only programs, a 2006 Harris Poll showed that attitudes to abstinence-based programs is shifting, primarily among young adults. According to the poll, 56 percent of people, ages of 18 and 24, and 60 percent of those aged 25 to 29 believe abstinence programs effectively reduce or prevent HIV/AIDS, compared to 31 percent of people who are 65 and over. Similar beliefs prevail about abstinence-only programs' effectiveness at pregnancy prevention.

O'Shea said she believes this rise in abstinence programs spawns from the desire to support teenagers who choose abstinence. "People like the idea of children abstaining," O'Shea said, adding, "They don't want teens [who have chosen to be abstinent] to be pressured into sexual activity."

Junior Ron Bennett feels that increased knowledge led to the increased support. "While students need education on the right way to use contraceptives and birth control, when it comes down to it, the only way to avoid pregnancy is abstinence," Bennett said.

No risks, no regrets

point counterpoint

No longer just for the religious seeking enlightenment, abstinence is a positive alternative to the dangers of sexually transmitted diseases and unexpected pregnancy. One night of passionate lovemaking could end in a lifetime of regret. Schools have an obligation to inform students that abstinence is a secure choice.

Nteni Nlandu

Society cannot continue to rely on individuals' ethics as a reason for neglecting to promote abstinence as the best option. Many teens are still kids, so I caution schools to refrain from falling into safe sex campaign traps.

> "The issue isn't STDs or pregnancy but the lack of good ethics as a basis for learning."

Frankly, safe-sex based education strikes me as a scene from the satirical teen movie "Mean Girls." Students meet in a gymnasium, where they receive a brash command to not have sex. Believing his duty is complete, Coach Carr, the bewildered health teacher, drops a box of condoms on the table and urges students to take at will.

Certainly, the state of sex education programs is far from movie portrayals. Not everyone who has sex ends up pregnant or diseased, but it is evident that sex education in the school environment should consist of a simple emphasis on the benefits of abstinence and the negative results of engaging in sexual activity prior to marriage, thus an abstinence-only program.

Lessons should stress the hardships of teen pregnancy and the pain and suffering caused by STDs. Schools simply need to refrain from teaching the safe side of sex and stress the fact that students can have a dynamically healthier life socially and physically by practicing abstinence.

Schools have taken on the role of ensuring that when students have sex, they are equipped with the knowledge of what to do to prevent STDs and pregnancy. Yet, teens have not received a sufficient amount of data emphasizing the fact that abstinence not only prevents sexual infections but also lessens the stresses of teen life.

I personally was introduced to Trojan condoms during my middle school years due to the sheer number of advertisements for the product. Conversely, though I have made the commitment to remain abstinent I am aware of how to use these products and where to find inexpensive, high-quality prophylactics, but I cannot automatically tell you where to go if you need to make an abstinence pledge or who to contact about being abstinent.

The issue isn't STDs or pregnancy but the lack of good ethics as a basis for learning. Teachers should teach abstinence in a serious manner with the expectancy that students will consider refraining from sexual activity. The failure of teen-targeted abstinence pledge programs in the past has been the lack of social support in school environments. Until the issue of abstaining from sex is taken seriously, teens will continue to put themselves in danger.

Humans learn behavior and decision-making in school, at home and in society. When these three institutions fail to teach abstinence, then the fault is the schools, society's body of learning. Schools don't teach where to undergo the best abortions so why should they teach students to have cautious sex?

Sex happens, teach it

Abstinence is a fine thing. I respect another's choice not to have premarital sex. They won't end up with some scary sexually transmitted disease or a child that their mom will end up raising.

Josh Davidson

Yet teaching only abstinence is an extremely ignorant way to approach sex education. Since the dawn of time, teenagers have been having sex before marriage. Considering today's post-Freudian ideas of sexual freedom and expression, society as a whole must come to terms with its youth engaging in sexual activity.

As a result, classes must teach both contraceptive use and abstinence. It is an unarguable truth that abstinence is the most effective way to avoid getting pregnant. However, teaching abstinence does not equal abstinence practice in youth. It has been shown time and time again that abstinence-only education just creates more underage parents and STD infected teenagers.

A strong contraceptive tutorial can show kids the extremely easy ways to block both pregnancy and STDs. The birth control pill makes it virtually impossible to get pregnant while condoms block most STDs, including the deadly HIV and gross chlamydia and gonorrhea. If the teens of the United States are going to take part in sexual activity, they should know how to do it safely.

This means that our sex education teachers must bring these contraceptives into the classroom and show students how to use them, where to get them, and how much they cost. Representatives from Planned Parenthood need to come to the classes and teach kids how to make appointments and make it clear that you do not need parental consent to use contraceptives.

Our education policy makers must realize that this is not an issue of morals, but rather an issue of safety for our students.

We no longer live in a country where sex is something that happens with one partner for your whole life, under the covers and in the dark. Sex is the subject of every pop culture medium and the greatest advertising device our nation has. America has really become a sex-obsessed country and has to deal with the repercussion of teens having sex.

Wherever people stand on teenage premarital intercourse (I personally have no problem with it), they cannot deny that it happens. Thus teaching an abstinence-only curriculum will show an appearance of morality, but in application will only hurt America's youth.

THOUGHTS ON SEX

	I believe	My friends believe	My parents believe
... it is important to get married before having sex.	37.4% Yes	25.7% Yes	66.6% Yes
... it is okay for people my age to have sex with a steady boyfriend or girlfriend.	68% Yes	77.9% Yes	19.6% Yes
... people my age should wait until they are older to have sex.	69.3% Yes	37.7% Yes	89.1% Yes

Poll courtesy of the Youth Risk Behavior Survey distributed by Social Advocates for Youth

SHAKER TAKES HOME MOST AWARDS IN ART COMPETITION

Shaker received 30 awards in the 2007 Cuyahoga Regional Scholastic Art Awards Program. Twelve students won gold keys in Drawing, Portfolio, Painting and Jewelry. Senior Portfolio student Kelsey Hopkins won the Regional Recognition Scholarship of $500 to the Cleveland Institute of Art; Junior Portfolio student Joanna Mitchell won the Sue Wall Painting Award of $100; Senior Portfolio student Mary Winkelman won the Tony Eterovich Drawing Award of $100, as well as the American Visions Award-Best of Show. All the award winners' work was exhibited at the Cleveland Institute of Art.

THE THREE HOOPES kids have been playing violin for years. They recently formed a trio. They play Suzuki style, knowing all their music by ear. Here, they are playing in one of the sound-proofed practice rooms in the orchestra and choir room at Shaker High School.

Adam Maraschky • The Shakerite

HOOPES ARE NOT JUST FOR BASKETBALL

BY SIMONE DUVAL
STAFF REPORTER

While evoking images of three on three, sneakers and slam dunks, this group has nothing to do with basketball.

Anna, Alexandra and Chad Hoopes, all three new students to the Shaker District, have played the violin since early childhood. While the formation of their violinist trio has been rather recent, the Hoopes have been performing for years.

After seeing an orchestra performance, both Anna and Alexandra started lessons at the ages of five and three. "[The violin] just stood out from all the others. We really liked the sound of it," Anna said of the girls' early attraction to the instrument. Chad added, "I wanted to follow my sisters and I loved the instrument's sound.

The girls, and later Chad, learned to play using the highly successful and popular methods of Dr. Shin'ichi Suzuki, a violinist who sought to bring beauty back into the lives of children after World War II by means of music. Suzuki reasoned that if young children were able to pick up their native languages by listening to others speak it, then they also had the potential and ability to learn the language of music using the same methods. Suzuki believed that every child, if taught properly and at a young enough age, could be capable of great musical accomplishments.

"[The Suzuki method] really worked for the Hoopes, and they're a wonderful example of the learning process," said the trio's ensemble instructor, Annie Cavani. The Hoopes began with the easiest Suzuki book, called "Twinkler," and made their way up from songs like "Twinkle, Twinkle Little Star" to eventually finish with a Bach Concerto. Chad started playing and learning with the Suzuki method when he was three, and the Hoopes children continued to focus on playing individually until one summer when they attended an exclusive music camp called Encore. Their instructor there suggested that the three Hoopes play together, and at that moment, The Playing Hoopes Trio was born.

The Hoopes have traveled far and accomplished much during the time they've played together. When they still lived in Minnesota, they traveled every month during the school year to perform. The trio has played for weddings in the Caribbean, at the Mall of America, at numerous charity events, and just about everywhere in Minnesota. "We love to travel and perform with the orchestra," Alexandra said.

Although traveling to perform in different locations is the Hoopes' favorite thing about playing, they feel that, as Anna said, "people don't really appreciate all the work that goes into it." A daily routine for the Hoopes consists of three to five hour practices and waking up at five a.m. to fit in even more practicing time. As part of the Cleveland Institute of Music's Junior Young Artist Program, the Hoopes attend school during the morning, and then use the band's practice rooms during the afternoon. On Saturdays, which Anna and Alexandra call their "rejuvenation" days, the Hoopes practice for a couple of hours with the Cleveland Orchestra Youth Orchestra. This program coaches a select number of young musicians who all play and rehearse together at Severance Hall.

This rigorous schedule of work and play has earned the Hoopes the admiration of fellow musicians and friends. Janet Park, a cellist in the Junior Young Artist Program, admires the Hoopes for being so skilled for their age, and within the group, said she "can't see any weaknesses." Rachel Samson, Principal of Violas in COYO and a close friend of the Hoopes, met the trio at the summer camp Encore. Samson said that when she heard them play, she was, "floored." "On a scale of one to ten, I'd say they're a fifteen. It's really special that they can set aside whatever feelings they have, and can collaborate together."

Get this

DREAMGIRLS

Photo courtesy of rottentomatoes.com

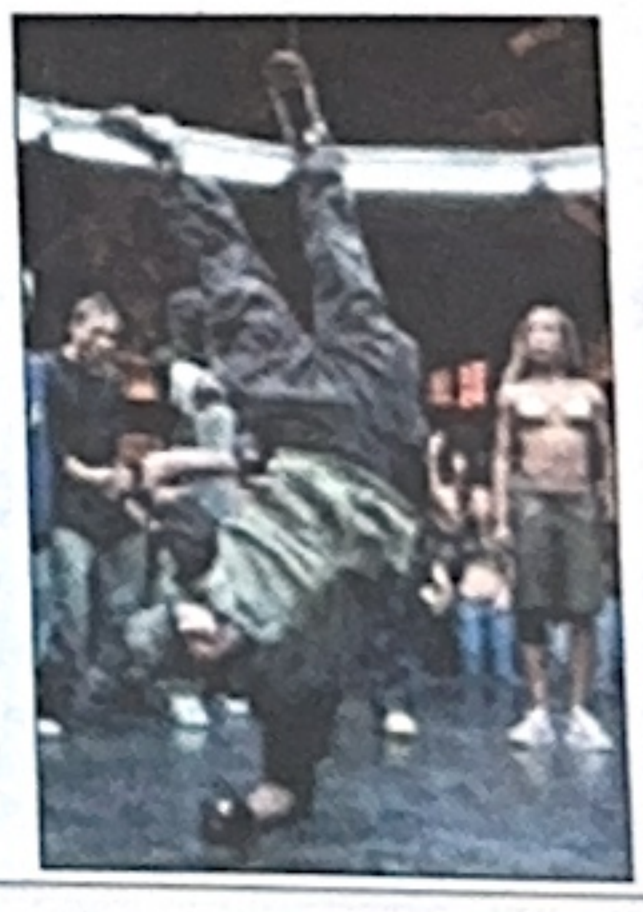
In this movie, based on the 1981 Broadway musical, Beyonce Knowles, Jamie Foxx and Jennifer Hudson bring to the screen the quest of three young women to become pop stars. The movie's actors and actresses perform original Broadway hits as well as new songs created for the movie. This Academy Award winning movie is a must-see, especially because of the musical talents involved.

LITTLE MISS SUNSHINE

LITTLE MISS SUNSHINE

Photo courtesy of comedycentral.com

Abigail Breslin plays Olive, who desperately wants to become a beauty queen. Her odd but supportive family takes a trip to California so she can compete in the Little Miss Sunshine beauty pageant. The family faces many obstacles and finally, upon arriving in California, discovers what being a beauty queen actually entails. Although this movie is a bit quirky, the hilarious moments overpower the different style and make it a movie well worth watching.

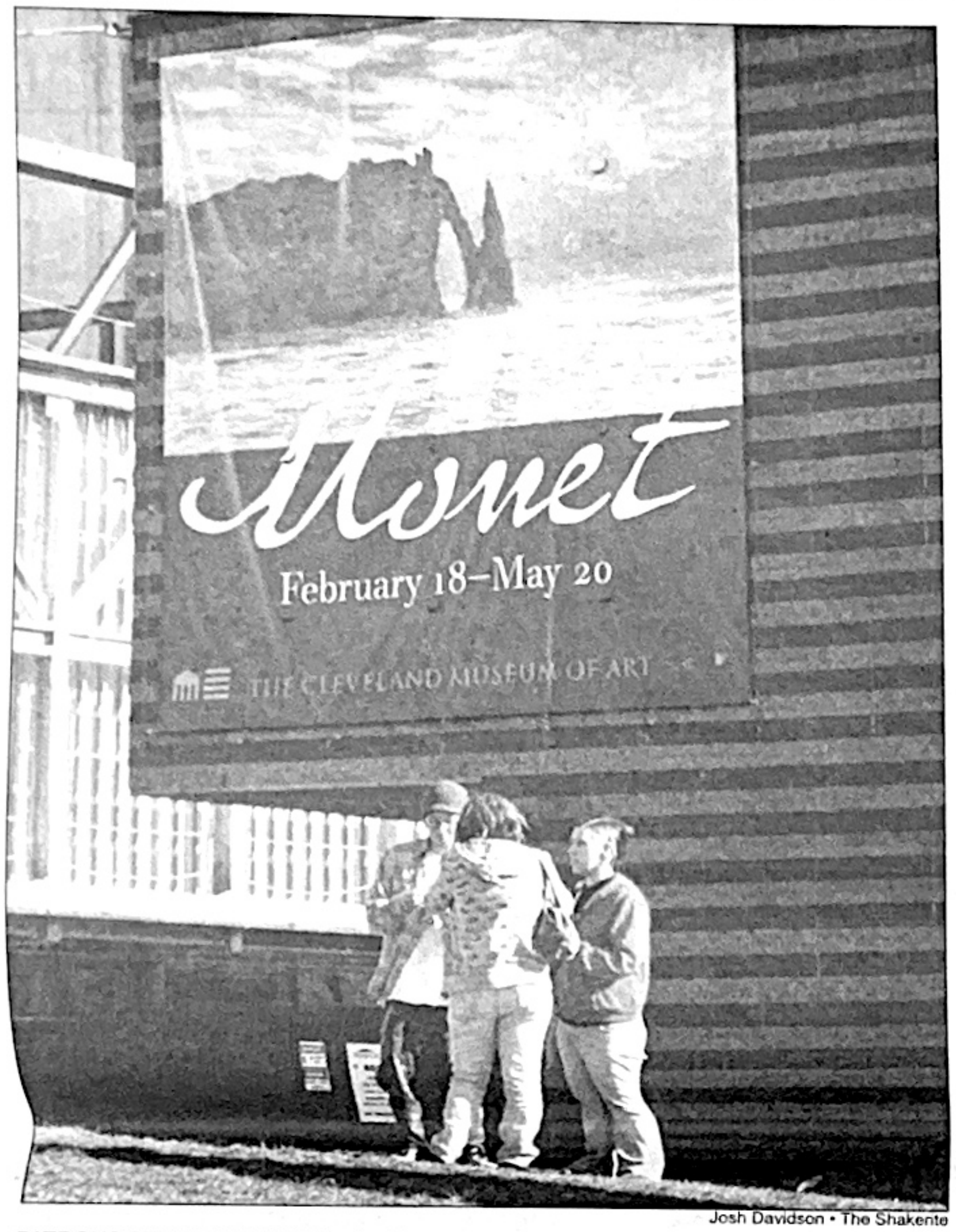


STOMP THE YARD

Columbus Short, Meagan Good and Ne-Yo star in this movie about a street dancer from Los Angeles who enrolls in a historically black university in Atlanta. He must balance his passion for dance with his social life and education. This movie is not just another mediocre dance movie. The actors are energetic and talented, making this movie superior to others in the same genre.

Photo courtesy of komotv.com

Compiled by Carrie Reese



Josh Davidson • The Shakerite

PATRONS STAND OUTSIDE the Art Museum during the current exhibit "Monet in Normandy."

Impressionist's pieces from Normandy grace Cleveland

BY JOSH DAVIDSON
LIMELIGHT EDITOR

5 minute critic

Having a membership to the art museum definitely has its perks. Especially when Claude Monet comes to town.

The master of impressionism's exhibit brought more people to Cleveland's finest museum than I have ever seen in my ten years of strolling its galleries.

Luckily my membership led to free tickets, no line and fifteen percent off at the gift shop, which made the t-shirts a real bargain at $18 each.

The focus of this exhibit is on Monet's time in the French city Normandy. Known for its World War II D-Day fame, this city should really be known for the inspiration it gave to this incredible artist.

It felt like the floor of the New York Stock Exchange throughout the gallery. In order to observe Monet's early works, I had to use my mosh-pit tactics from punk rock concerts to get a clear sightline at the pieces.

> "It felt like the New York Stock Exchange throughout the gallery. In order to observe Monet's early works I had to use my most pit tactics from punk concerts to get a clear sight line at the pieces."

I would suggest avoiding Saturday afternoon visits.

Once I saw the paintings they were dark, blurry and far from the pointillist expressions of color I had fallen in love with in art history.

I almost wanted to leave immediately and trash the museum for following the excellent "Barcelona" exhibit with Monet's second-rate works.

Yet I trudged on and things progressively got better. As soon as the impressionist abandoned subdued tones and took on beaches as his subjects, the paintings were brilliant and the exhibit rapidly became more enjoyable. The contrast of the ocean to the rocks and the sand were recreated vividly on canvas through Monet's visionary impressionist techniques. This painter's ability to make splotches of purple not only fit on a rocky surface, but make them appear as if they have always been there is incredible.

Yet, it was not the beach paintings that made this exhibit incredible.

As Monet spent more time in Normandy he began to paint urban scenes as well as subjects in nature.

It was one of these architectural works that affirmed my belief in the power of art.

"Rouen Cathedral Facade," a blue pointillist rendition of a church was one of the most moving pieces of art I have seen since my first trips to the museum in kindergarten.

The color choice, combined with the subject created an intense image that radiated off of the canvas. I had to sit down for ten minutes to take in the depth of the work.

The exhibit was a success. Though some of the works had too much pastel for my taste and others were too dark, the majority of the pieces were definitely worth seeing.

It was a true testament to the ability of Monet and the impressionist movement.

UNDERGROUND CONCERT LIST

LUCERO

04/11/07 Lucero/Catfish/American Princess- 8:30 p.m. $10 @ Beachland Ballroom

Lucero is the best in true and blue American gritty rock music. Unlike the ignorance of Toby Keith or the pop of Jessica Simpson, these boys represent real Americans. Almost every song is about falling in love, going on road trips and drinking beer, but it is all done with a realistic edge that makes it easily accessible. The music is also a great combination of blues and Bruce Springsteen.

04/19/07 RJD2/Busdriver /Happy Chichester- 9:00 p.m. $15 @ Grog Shop

Born and raised in Columbus, Ohio, RJD2 is one of the most prominent DJs and producers in the underground hip hop scene. He seamlessly mixes beats and music into some the best music in recent hip-hop history.

RJD2

THE SLACKERS

04/27/04 The Slackers- 10:00 p.m. $10 @ Grog Shop

Echoing American roots music, old school soul and Jamaican ska, New York natives The Slackers are one of the best bands on the scene today. They continually produce top-notch records with the perfect mix of upbeat and chill jams, yet this band's true power lies in their live performances, always leaving the crowd and the band in a sweaty blissful mess.

4/28/07 Los Straitjackets starring Big Sandy- 8:30 p.m. $15 @ Beachland Ballroom

Surfing rules. Rock 'n' roll rules. They sound even better together. This early fifties genre has made a resurgence as of recent bringing back sounds reminiscent of "Hawaii Five-0." One of the craziest surf rock bands out there today is Los Straitjackets. They come on stage wearing Mexican wrestling masks, speak total gibberish while faking that it's Spanish, having blazing guitar riffs and three go-go dancers on stage during most songs.

LOS STRAITJACKETS

Compiled by Josh Davidson

Black history exhibited on Sankofa stage

Adam Maraschky • The Shakerite

JUNIOR NICO BOYD, sophomores Tempest Charles and Shanteal Stevenson rehearse for Sankofa March 1. After the hours of work that went into the performance Boyd understood that "Blacks have had to deal with a lot of things coming their way; they've stood strong."

The Beat
03.27.07

heard in the halls

"You're not a G. You're a we."
3/19

Person 1: "Since when do I take fashion advice from you?
Person 2: "I have cleavage; you should."
3/8

"They're like balls of taste in my mouth."
3/17

Teacher: "No one has a knife? What type of a school is this?"
3/8

"Would it make you uncomfortable if I took my pants off?"
3/11

facebook home search browse invite help logout

Search

LOGGING ON TO FACEBOOK

> [Facebook events] are helpful because everybody looks at them and the events get around fast.
>
> Carley O'Rourke • freshman

▼Friend Details

You are friends with The Shakerite. You read it every month.

▼Upcoming events

BY DIANA JACK
STAFF REPORTER

The laborious process of compiling guest lists, addressing invitations by hand and buying rolls of stamps is a thing of the past. With 76 percent of Shaker students belonging to the Facebook community (scientific telephone poll of 100 students; margin of error +/- 10 percent), students have begun to use this network to advertise events for their peers.

Any Facebook member can create an event and invite any other Facebook member, who may then respond by accepting or declining the invitation, or by responding, "maybe attending."

Sophomore John Fletcher has created numerous Facebook events. Most of the events that Fletcher organizes are hockey and basketball games. His goal in creating these events is "to get the word out." Fletcher has never been asked by a Shaker coach to advertise these games.

"It eliminates the hassle of word-of-mouth," he said, "and it gets people [to come to the games] who wouldn't normally come."

Senior Monte Carter-Hawkins created the event "1st Hockey Game!" on Facebook for the Raiders' first home varsity hockey game against Trinity. The event produced 122 confirmed guests, 28 maybes and 64 declining invites.

Senior Erin Cox, who replied as 'attending' the event, said that although she already knew about the game, generally, Facebook events are helpful.

"Some of the stuff going on in the school I probably wouldn't have gone to without it being publicized [on Facebook]," said Cox.

The theatre department is getting in on the action as well. Self-described thespian Kurt Tacastacas, a senior, created an event for the fall production of "Into the Woods." "I just wanted more people to come to the show," he said.

Tacastacas invited some people not involved in the production of the musical, but he focused mostly on inviting people that were directly part of the play.

"I just invited everyone, pro-theatre or not. Especially the people who were in the play," Tacastacas said.

While Theatre Department Head Christine McBurney is not sure if the Facebook publicity translated into an increase in attendance, the event on Facebook had 61 confirmed guests, 64 maybes and only 38 declining invites. Even public figures like Sherrod Brown, U.S. Senator from Ohio, were invited via Facebook.

McBurney said the box office sold 1,001 tickets for this performance November 30. Last year's performance, Twelfth Night, sold 523 tickets.

Despite the increase in ticket sales, Theatre Adviser David Schiopota said, "Honestly, I don't think Facebook did anything."

Peggy Caldwell, Shaker Heights City Schools' Director of Communications who is in charge of media relations and public information, primarily uses the Sun Press, shaker.org and an e-newsletter with a circulation of about 3,500 people to inform the community about upcoming events.

She has considered neither Facebook nor Myspace as means of advertising, and is not planning to use either in the future.

"If students want to use Facebook to promote sports and theatre, great," said Caldwell. "It's really more of a peer interest thing."

▼Groups

BY ADRIA KINNEY
STAFF REPORTER

With just a click of the mouse, students discover and create Facebook groups about many of their teachers and administrators.

Biology teacher Michael Becker is one example of a Shaker teacher with a facebook attributed to him. Entitled "Questions, Comments...Thoughts," Becker's group, created by sophomores Sophie Beal and Elena Eberhard, derives its title from one of Becker's frequently used phrases.

"I was more than a little bored one night and Elena and I were joking around about Mr. Becker, so we just decided to make [a group,]" Beal said about the creation of the group, which is currently 11 members strong. Beal and Eberhard told Becker about the group, but he says that he is still a little confused.

"I don't know exactly what it is," Becker said, "but I'm not sure I want to find out either." Becker has little to worry about though, considering the number of positive comments that are displayed on the website. Students have left posts such as "Basically, Mr. Becker is freaking sweet" and "Mr. Becker remains equivalent to life."

Becker said that, while he finds the idea funny, he's not completely sure what motivates students to make the groups. "I'm sure if I were a student, I would not waste time out of school creating a web page about my teacher," Becker said.

Beal says that the driving force behind these teacher groups is sheer entertainment. "I think other kids probably join because they find it amusing, and it's just something that we all have in common."

Facebook does provide a way for students to speak negatively about teachers. Freshman Reid Cowan thinks students make groups about their teachers because either "they don't like them or [they] like them a lot."

Many high profile teacher groups were created with positive intentions. "The Mrs. Jones Fan Club," was created by junior Cyrus Taylor to pay tribute to a favorite teacher that many students thought they were possibly going to lose.

"We had heard rumors that Mrs. Jones was going to retire at the end of this year, and though we're not sure if they're true yet, we wanted to do something big for her," Taylor said.

As of now, the group has 47 members, comprised of both current students and Shaker graduates. Taylor added that he thinks that a close relationship between students and teachers motivates students to create such groups. "We want to join our friends in celebrating good teachers," Taylor said.

And celebrate, they do. Mrs. Jones' fan club page has received such comments as "tomorrow is only going to be fun because of econ class" and "Mrs. Jones is the best teacher in the world...basically we're tight..."

Jones was informed of the group's existence by a former student, but says that she knows nothing about Facebook. She thinks teacher groups are extensions of natural student dialogue.

"I am sure that students always discuss teachers, so this looks like another vehicle," Jones said.

Perhaps one of the greatest examples of a teacher fan club is "We Love Hutch," which was created by junior Hartley Brody in honor of assistant principal Eric Hutchinson. This global group has over 700 members, hundreds of whom are alumni. Hutchinson is well aware of the group and even sent a postcard to Brody to thank him for making it.

"I don't know if I have ever received such a complimentary or flattering gesture as the Facebook acknowledgement," Hutch said. English teacher David Schiopota, subject of "The OFFICIAL David Schiopota Fan Club," also understands the creation of teacher groups.

"If Facebook or Myspace had existed when I was a teen, I don't doubt I would have been posting [on them] myself, if not creating them," Schiopota said. "I like to believe that students want to support the nostalgic feelings they have about high school."

> We want to join our friends in celebration good teachers.
>
> Cyrus Taylor • junior

> I would click on the link [to my teacher's Facebook group], go through the pictures until I found one I liked, I would print it out on extra gloss paper and then hang it in my room and build a shrine around it.
>
> Sam Thompson • sophomore

▼Polls

76% of students have a Facebook

68% of those students belong to a group about a teacher

Scientific telephone poll of 100 Shaker students, margin of error +/- 10 percent

SHAKER'S ENVIRONMENTAL CHALLENGE

- Environmental Club encourages students to sign petition

BY SARAH WEISS
THE BEAT EDITOR

While the United States has not ratified the Kyoto Protocol, the international treaty on the problem of global climate, the Environmental Club of Shaker Heights High School is working to make the city of Shaker Heights join the strike against rising global temperatures.

The Kyoto Protocol took effect in 141 countries Feb. 16, 2005 with the purpose of reducing global greenhouse gas emissions. The same day, Seattle Mayor Greg Nickels encouraged the mayors of the United States to ratify the treaty through the U.S. Mayors Climate Protection Agreement. As of March 19, 2007, 425 mayors are participating in the agreement. In Ohio, 12 mayors are participating, including those of Akron, Cincinnati, Cleveland, Cleveland Heights, Columbus, North Olmstead and South Euclid.

The U.S. Mayors Climate Protection Agreement has three parts. First, participating cities will reduce the level of greenhouse gas emissions to at least the level targeted for their area as defined by the Kyoto Protocol. Second, these cities must encourage their state and federal government to reduce their greenhouse gas emissions by seven percent, the level suggested for the United States as a whole by the Kyoto Protocol. Finally, the mayors of participating cities must pledge to urge Congress to pass legislation to reduce greenhouse gas emissions. This third part also allows for the establishment of an emissions trading system.

Members of the Environmental Club are encouraging students to sign a letter and petition to send to Mayor Judy Rawson so that Shaker Heights can become a participating city in the U.S. Mayors Climate Protection Agreement. Each member of the Environmental Club is trying to get 20 student signatures. According to senior Anastasia Frank, co-president of Environmental Club, the goal is to get 150 signatures.

"Maybe soon we will get signatures from teachers and other adults," said senior Nora Leahy, one of the co-presidents of the Environmental Club.

Frank proposed the idea and wrote the letter to Mayor Rawson. "This whole year has been themed towards climate change with 'An Inconvenient Truth' coming out and everyone seeing it," Frank said. In previous years, the club has raised money for the purchase of carbon credits to equalize the emissions by the high school.

The letter to the mayor, which is attached to the petition, states that any student signing the petition "truly believe[s] that carbon emissions need to be reduced and that clean air practices need to be put into action for the good of the climate, the country, and the world."

When Frank shows a student the petition, she always explains it before they sign. "We want people to know what and why they are signing. Tons of signatures [are] great, but I would rather [have] fewer signatures gotten legitimately from people who really support the issue."

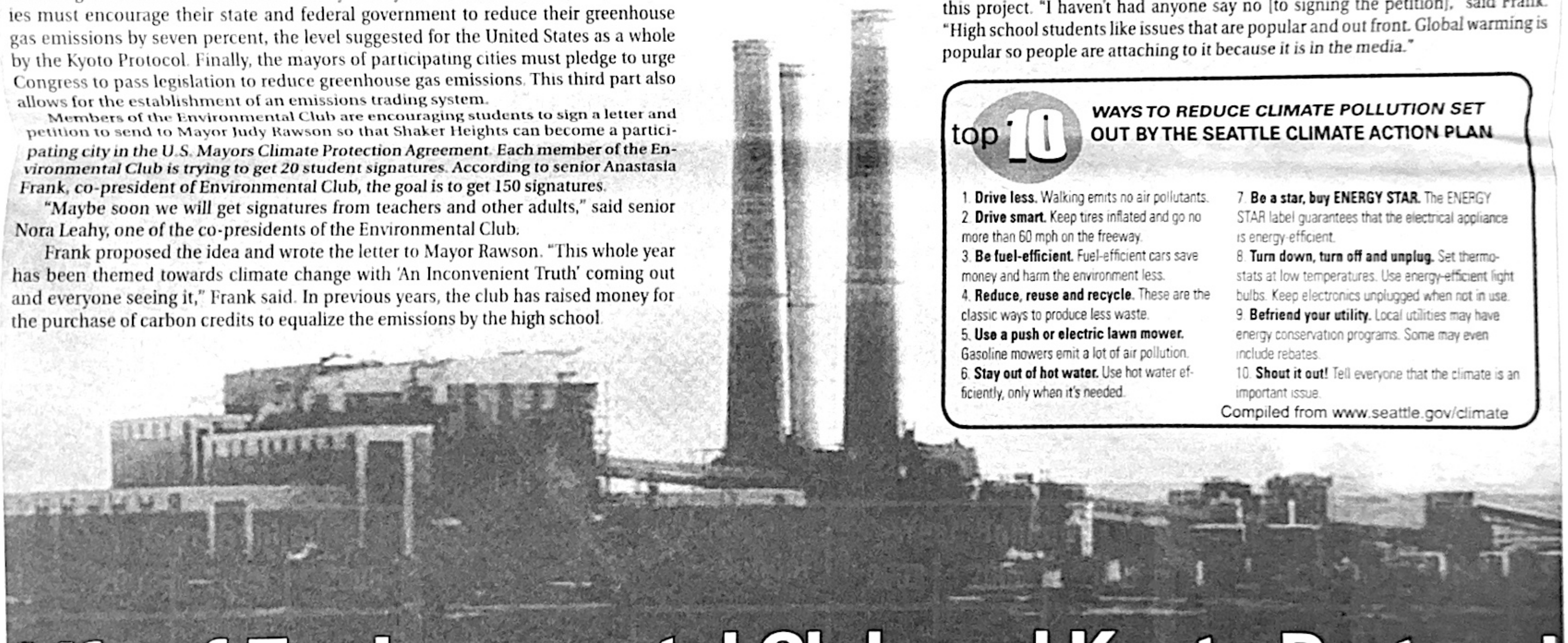
Leahy said that convincing Mayor Rawson to sign the Mayors' treaty is a small step, but that this will lead to environmental changes at the state and national level. For Shaker Heights, the main effect of entering into this agreement would be a seven percent emissions reduction. This would be accomplished by "overall being more conscious about the time busses and city cars can spend idling and replacing light bulbs in schools that produce less carbon," Frank said. "I don't think it would be anything drastic."

Club members spread the word about the petition after the screening of "An Inconvenient Truth" after school Feb. 26. Thus far, Frank seems optimistic about this project. "I haven't had anyone say no [to signing the petition]," said Frank. "High school students like issues that are popular and out front. Global warming is popular so people are attaching to it because *it is in the media*."

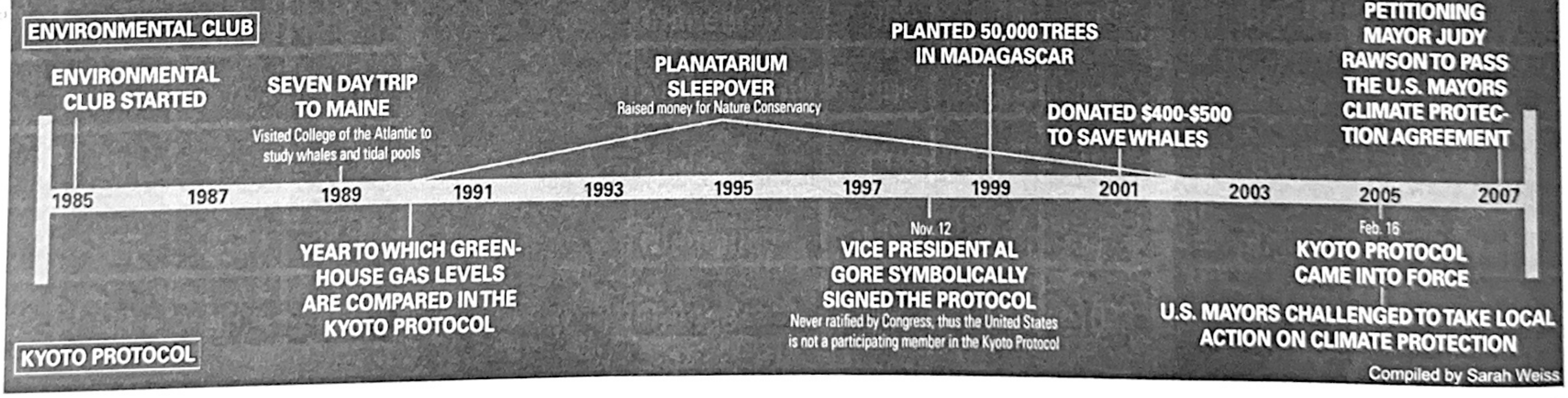
top 10 *WAYS TO REDUCE CLIMATE POLLUTION SET* OUT BY THE SEATTLE CLIMATE ACTION PLAN

1. **Drive less.** Walking emits no air pollutants.
2. **Drive smart.** Keep tires inflated and go no more than 60 mph on the freeway.
3. **Be fuel-efficient.** Fuel-efficient cars save money and harm the environment less.
4. **Reduce, reuse and recycle.** These are the classic ways to produce less waste.
5. **Use a push or electric lawn mower.** Gasoline mowers emit a lot of air pollution.
6. **Stay out of hot water.** Use hot water efficiently, only when it's needed.
7. **Be a star, buy ENERGY STAR.** The ENERGY STAR label guarantees that the electrical appliance is energy-efficient.
8. **Turn down, turn off and unplug.** Set thermostats at low temperatures. Use energy-efficient light bulbs. Keep electronics unplugged when not in use.
9. **Befriend your utility.** Local utilities may have energy conservation programs. Some may even include rebates.
10. **Shout it out!** Tell everyone that the climate is an important issue.

Compiled from www.seattle.gov/climate



Life of Environmental Club and Kyoto Protocol


ENVIRONMENTAL CLUB
ENVIRONMENTAL CLUB STARTED
SEVEN DAY TRIP TO MAINE
Visited College of the Atlantic to study whales and tidal pools
PLANATARIUM SLEEPOVER
Raised money for Nature Conservancy
PLANTED 50,000 TREES IN MADAGASCAR
DONATED $400-$500 TO SAVE WHALES
PETITIONING MAYOR JUDY RAWSON TO PASS THE U.S. MAYORS CLIMATE PROTECTION AGREEMENT
1985
1987
1989
1991
1993
1995
1997
1999
2001
2003
2005
2007
YEAR TO WHICH GREENHOUSE GAS LEVELS ARE COMPARED IN THE KYOTO PROTOCOL
Nov. 12
VICE PRESIDENT AL GORE SYMBOLICALLY SIGNED THE PROTOCOL
Never ratified by Congress, thus the United States is not a participating member in the Kyoto Protocol
Feb. 16
KYOTO PROTOCOL CAME INTO FORCE
U.S. MAYORS CHALLENGED TO TAKE LOCAL ACTION ON CLIMATE PROTECTION
KYOTO PROTOCOL

Compiled by Sarah Weiss

Teens pump iron at local gyms

BY KELLY EISELE
THE BEAT EDITOR

It is hard to come up with an excuse for not being fit. Whether you prefer running outdoors or lifting in the gym with all of the latest equipment, there are many ways and places to get active.

Despite all of these options, 15 percent of Shaker students polled do not exercise to stay in shape (scientific telephone poll of 100 Shaker students, margin of error +/-10 percent).

However, 25 percent of students choose to work out at a gym. Thirty-four percent of those students work out at the Jewish Community Center and 14 percent go to Bally's Total Fitness.

Senior Mike Hornick started working out at the JCC last summer because he wasn't involved in sports and wanted to remain physically fit.

"I got a year long pass and it is definitely worth the membership. I go there four times per week for about an hour and a half to two hours each time," Hornick said. He likes that the JCC offers a reasonable price and that "so many of [my] friends work out there," which makes it more appealing than other centers.

While the name may suggest that it is exclusive to Jews, non-Jews are allowed to take advantage of the JCC's three fitness centers; double gymnasium; indoor track; two swimming pools and racquetball, squash and tennis courts. The JCC also offers more than 70 free exercise classes. A student membership to the JCC costs about $300 per year.

"The JCC has a more relaxed, laid back atmosphere where I can do my own thing and work out the way I want," Hornick said. "It also offers all kinds of classes from boxing and martial arts to yoga and belly dancing."

Another workout option popular with students, Bally's Total Fitness has eight locations in the surrounding area, the closest of which is at Severance. Membership options range from $30-$37 monthly, depending on how many visits are made.

Senior Courtney Fellows works out at Bally's to train for races and marathons. Fellows also takes advantage of the other resources offered at Bally's. "I like the different classes they have because they have yoga, Pilates and a lot of [other] options," Fellows said.

Still, the most convenient place for Shaker students to get a workout is the school's own weight room, where 28 percent of Shaker students choose to exercise. The weight room offers open gym on Mondays, Wednesdays and Fridays, and a couple dozen students attend daily.

Adam Maraschky • The Shakerite

SOPHOMORE MARCO BURDESHAW and junior Ian Barrington lift in the weight room. The weight room is used for gym classes, getting in shape and training.

Whether bulking up for the football season or just trying to get in shape for spring break, students find that open gym is a good place to go after school to lift for a few hours.

Sophomore Craig White started lifting in the weight room after football season his freshman year. "I do it for football and to stay in shape. People who don't play sports should also go down there too because it's really fun and the environment is nice," White said.

While these students choose to work out at public gyms, the remaining seventy five percent of students choose different to workout on their own, through activities such as running, biking, practicing yoga and Pilates.

YOGA SCENE

The Hindu philosophy of yoga is a method of controlling the mind and body and reaching a state of perfect consciousness. Usually practiced through series of breathing exercises and postures, yoga is meant to bring the mind and body into control and a state of tranquility. Practiced thousands of years ago, yoga has reappeared as a form of exercise. With yoga centers and gyms located wherever you go, more people are trying out this relaxing workout that, if done correctly, will help with flexibility, wellness and meditation.

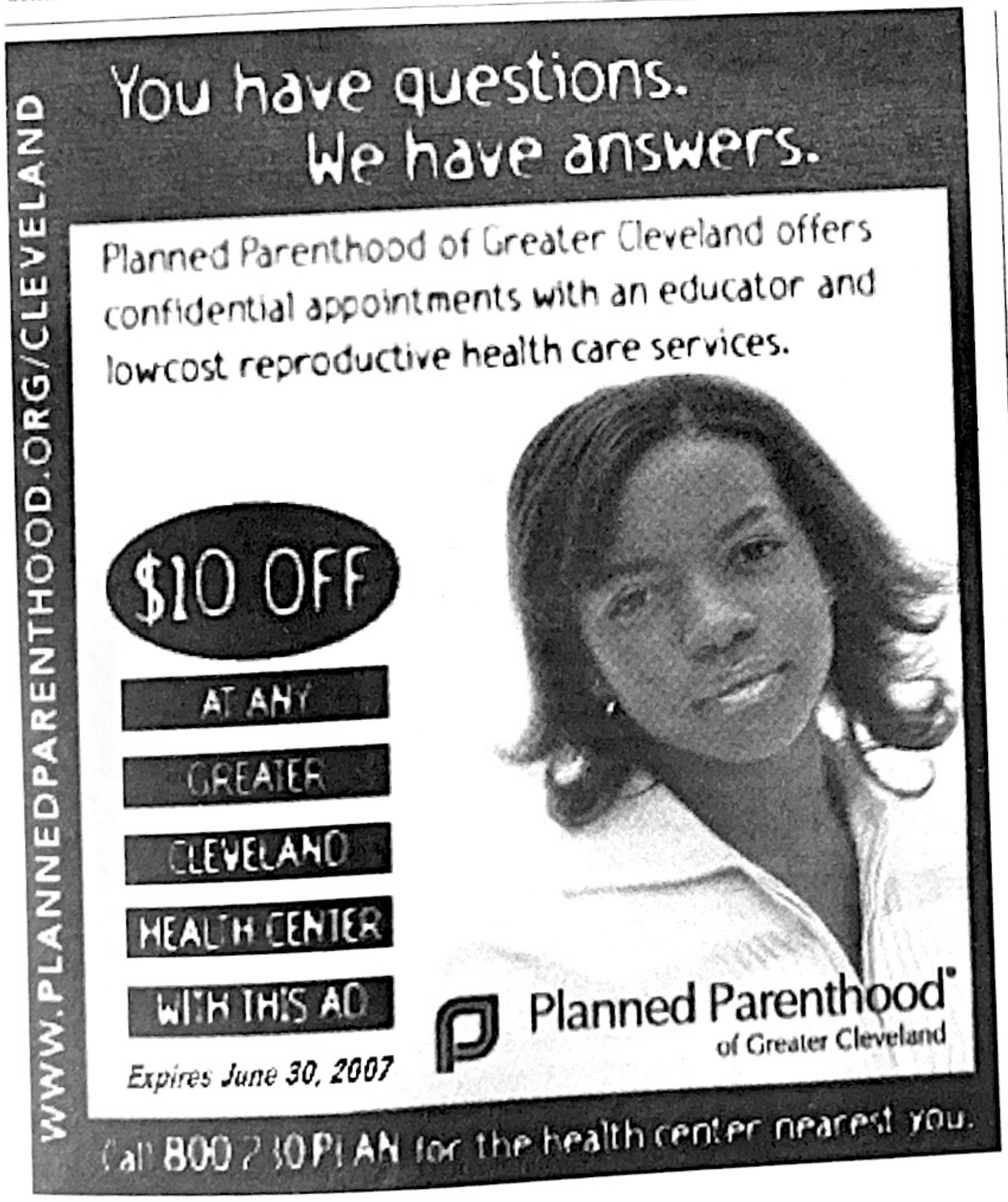
The Atma Center, located on Lee Road, is one of Cleveland's leading yoga centers. This popular yoga and health center practices Satyananda yoga and provides more than 30 classes per week that vary in difficulty level and type. Atma Center offers a three-month membership option for $225, a six-month membership for $425, and a 12 month option available for $825, all of which include unlimited yoga and meditation classes.

Name Meaning: "True Self"
Location: 2319 Lee Road, Cleveland Heights, OH

Evolution Yoga is a new addition to Cleveland's yoga scene. This yoga center practices Vinvasa yoga and has over 45 classes a week, many of which are open to beginners. Along with classes, Evolution Yoga also offers several workshops, which feature teachers renowned in the yoga community. Evolution Yoga offers a six-week Yoga 101 series (including a yoga textbook) for $120. They also provide options of buying five, ten, 20 and 50 classes at a time ranging from $65-$525.

Location: *Eton Chagrin Boulevard*

Compiled by Kelly Eisele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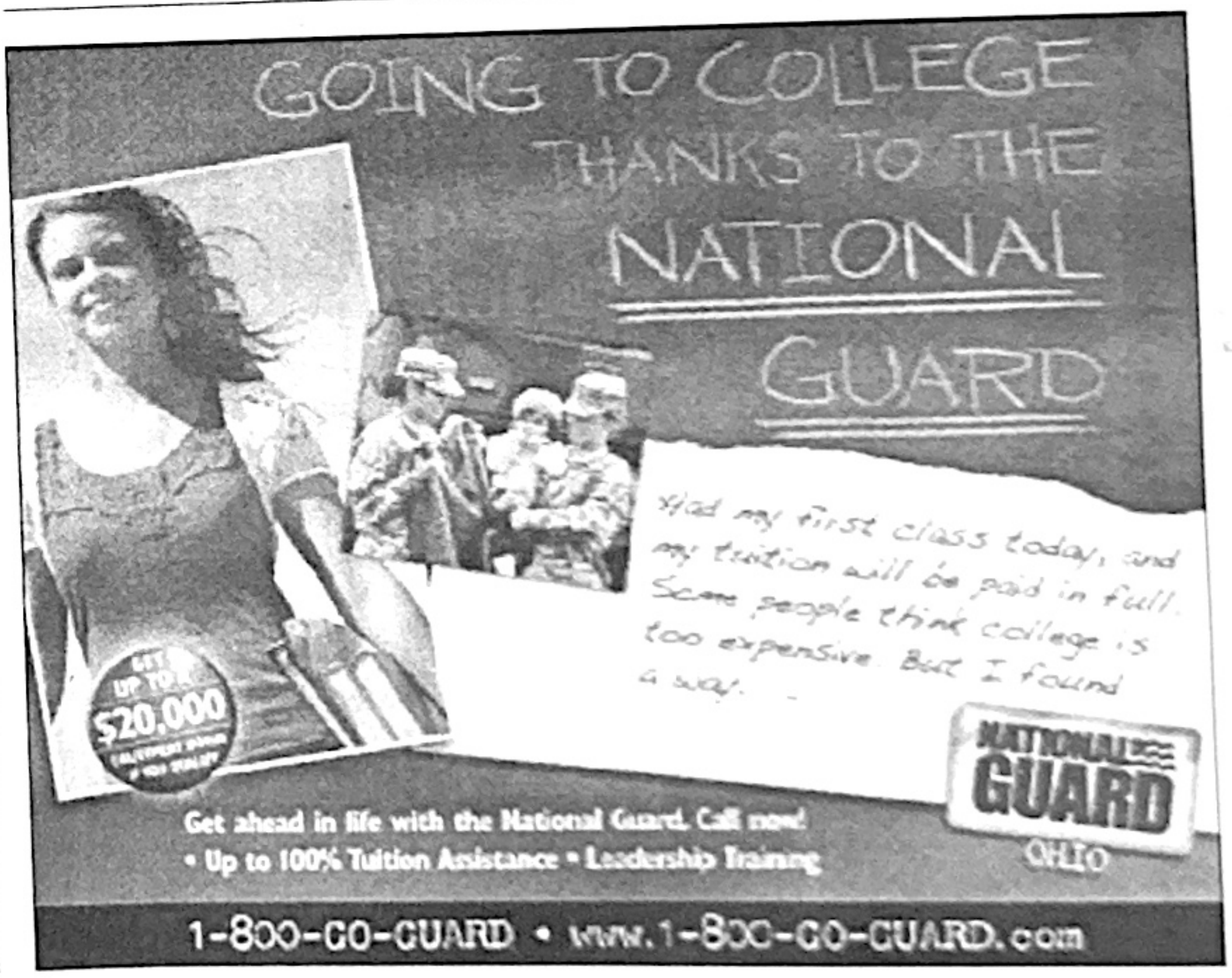
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Small forward plays big, leads Raiders to LEL title

BY TEDDY CAHILL
RAIDER ZONE EDITOR

As Shaker senior Nick Winbush watched his future team, the Miami RedHawks, make a run through the Mid-American Conference tournament in Cleveland to earn an automatic bid to the NCAA tournament, he couldn't help noticing one difference between the college players and himself.

"They were all so much stronger than me," said Winbush, a lanky 6-6 small forward. "That's what I'm going to be working on this off-season, just getting stronger."

Winbush was strong enough to lead Shaker to a 14-7 record and its first Lake Erie League Lake Division title since 2002. He led the team with 20.5 points per game, 9.6 rebounds per game and shot 52 percent from the field. Winbush was especially strong early in games when the rest of the team struggled to score.

"I tried to get my team going early in games," Winbush said. "A lot of times we started out slow and had to play from behind."

The team started league play at 7-0, not losing a game in the LEL until Feb. 2 to Euclid, which was also their first home loss of the season. The team finished 8-2 in the LEL, two games ahead of Cleveland Heights and Euclid, which finished at 6-4.

"Before the season we said if we could start off 5-0 we could win the league," Winbush said.

One of Winbush's strengths as a player is his flexibility on the floor. While he primarily played small forward this season, he showed his ability to play all over the floor. In addition to leading the team with 37 blocked shots, he was the team's second best shooter from behind the three-point line, shooting 24 percent.

"I love Nick, but what I like most about him is his versatility," Miami coach Charlie Coles said. "He can run the floor like crazy and with his length he can become a great defender."

Coles also compared Winbush to his great recruits from the past, including NBA players Wally Szczerbiak of the Boston Celtics and Ira Newble of the Cavaliers.

"I definitely think he has the skills to be their caliber," Coles said. "Now what he chooses to do with that talent I don't know, but he can make it."

Winbush was named to the Associated Press All-Ohio third team and the Associated Press All-Northeast Lakes District first team. He will also play in the Ohio-Kentucky All-Star Game April 7.

MEN'S
BASKETBALL:
14-7 OVERALL
8-2 IN LEL
LEL
CHAMPIONS

Adam Maraschky • The Shakerite

SENIOR NICK WINBUSH, small forward, draws contact on his way to the basket during a 52-49 loss to St. Ignatius Feb. 3. Winbush led the LEL champion Raiders in scoring and rebounding.

vs.

at

Game of the Month:
St. Ignatius vs. Shaker
at Classic Park

START TIME: 4 p.m. March 28, Classic Park in Eastlake

RECORDS LAST YEAR: St. Ignatius 22-7; Shaker 11-13

KEY SHAKER PLAYERS: Dan Cohen, senior catcher; Jake Miller, sophomore pitcher/infielder; Glenn Testen, senior third baseman/outfielder/pitcher

KEY ST. IGNATIUS PLAYERS: Derek Dietrich, senior shortstop/pitcher; Ben Jurevicius, senior outfielder/pitcher; Shane Ferrel, senior pitcher

NOTABLE: This will be the opening game for each team and the second time Shaker will play at a professional stadium in two years, losing to Mentor 7-6 in extra innings last year at Jacobs Field. . . Dietrich has orally committed to play for Georgia Tech next year, but might go straight to the minor leagues. . . Jurevicius and Ferrel will attend Marshall University next year. . . Dietrich was named to the 2006 AFLAC All-American team and honorable mention on the 2006 Louisville Slugger All-American team. . . Jurevicius is the cousin of Browns wide receiver Joe Jurevicius. . . This will be the first game for new Shaker coach Mike Babinec, who replaced Bud Longo after 20 years at Shaker.

Scouting spring sports at Shaker and the MLB

SPRING ATHLETES TO WATCH:

As we close the books on the winter season, we want to look towards the spring and the Shaker athletes to keep an eye on. Junior track star Shaniqua McGinnis looks for a repeat from last year, making the state championships in four different events. McGinnis, along with teammates Kiara Fritz, Gabrielle Hughley and Brittany Mosley won the state title in the 4x400 meter relay. In men's tennis look for big things from senior Jeremy Polster, who made it to the second round of the state finals tournament last season.

TEDDY
CAHILL

BIG MEN ON CAMPUS:

Though they won't have an opportunity to compete in NCAA Division I basketball's "March Madness" like teammate Nick Winbush (who's headed to Miami, Ohio), Shaker big men Cam Thompson and Will Warren are going to play at the Division III level. Thompson will join Wittenberg University's basketball team, who made the NCAA championship game in 2006. Warren will head to Mount Union College, a school more noted for its outstanding football team. Women's senior forward Shanna Thompson will attend Gannon University, this year's Great Lakes Intercollegiate Athletic Conference champions.

MIKE
YOUNG

MLB SEASON PREDICTIONS:

Division winners plus wildcards. Projected World Series winner is in bold.

Mike:
AL- **Yankees**, Tigers, Angels, Red Sox (wildcard)
NL- Mets, Cardinals, Dodgers, Phillies (wildcard)

Teddy:
AL-Yankees, **Tigers**, Mariners, White Sox (wildcard)
NL- Mets, Cardinals, Dodgers, Brewers (wildcard)

out of bounds

INDIANS SEASON PREVIEW:

While big market teams were wreaking havoc on the open market by throwing ridiculous sums of money to players who did not warrant it, the Indians calmly re-built their bullpen and signed a few key components for this year's team. The Tribe needs stability at the back end of the bullpen to improve upon last year's 78-84 record, so insert closer Joe Borowski, who notched 36 saves for the Marlins last year, and some other younger arms like Jason Davis who was always suited for the bullpen.

The Indians have issues defensively, especially at shortstop and at keeping runners on base. Shortstop Jhonny Peralta is a defensive liability since he has less range than Omar Vizquel's 11-year-old son. Catcher Victor Martinez is also completely inept at throwing out base runners (he can thank his pitching staff for not keeping them on base, too).

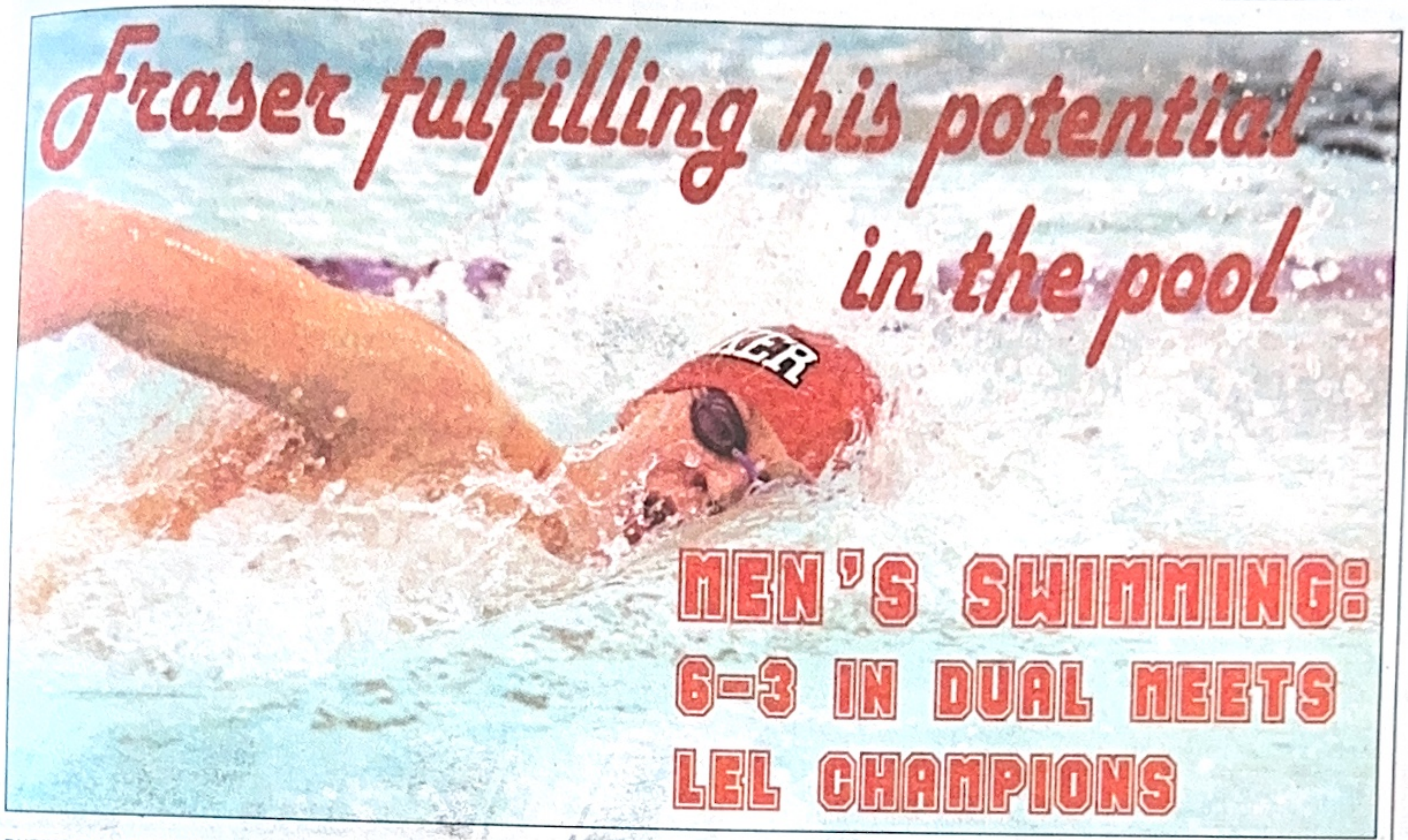
Otherwise, the Indians have a loaded offense, (which we hope will be consistent, unlike last season) with MVP candidate Travis Hafner anchoring the middle of the lineup, and a solid pitching rotation anchored by ace C.C. Sabathia. The Tribe plays in the toughest division in all of baseball so it's always tough to amass wins. We predict a third place finish with 85-88 wins.

THE ROAD TO ATLANTA:

With this year's tournament devoid of the upsets that were so prevalent last year, only the nation's elite teams might highlight the Final Four in Atlanta. The lowest seeds to advance to the Sweet 16 were number seven-seeded UNLV and Vanderbilt, while last year 13-seed Bradley advanced to the regional semifinals. Clearly, there is no George Mason, an 11-seed who made it to the Final Four last year. It does make for more hyped games, though, when the top seeded teams square off.

Another storyline making for an interesting tournament so far is Florida's quest for a repeat championship, a feat that hasn't happened in college basketball since Duke's back-to-back titles in 1991 and 1992. Florida's road was made easier when premier coaches such as Duke's Mike Krzyzewski, Texas Tech's Bobby Knight and Arizona's Lute Olsen were eliminated in the first round of the tournament.

Fraser fulfilling his potential in the pool



Adam Maraschky • The Shakerite

DURING THE SECTIONAL meet at Solon, junior Wilson Fraser swims the 500 yard freestyle. Fraser qualified for the District meet, where he came up short of qualifying for the State meet, but hopes to make it there next year. During the season, Fraser was named as a "Player of the Week" in the Plain Dealer.

BY SAM WINEGARDNER
STAFF REPORTER

The winter sports season for Shaker this year has been dominated by discussions of "the hockey team lost by how much?" and "Nick Winbush did what against Mentor?" but very quietly another Shaker athlete has emerged on the scene.

Junior swimmer Wilson Fraser had a standout season that nearly led to his first trip to the State tournament.

Fraser's time of 4:53 in the 500-yard freestyle is one of the best in the area, his performance this season has helped lead the team to a Lake Erie League Championship and he was named as a "Player of the Week" in the Plain Dealer.

Fraser had hopes to qualify for States this year in the 400-yard freestyle relay and individually in the 500 freestyle, but that will now have to wait for next season.

Traditionally, Shaker swimmers are known more for their bright pink mohawked hair and their willingness to wear a Speedo in front of a group of strangers rather than their abilities in the water.

"I think swimmers are just as good as athletes as any other sport," Fraser said, "and the meets are really exciting when it's close because people are always cheering and yelling."

A swim meet is set up much like a track meet, where individuals score points for the team, and the team with the highest score wins. Fraser competes in the 500 freestyle, the 400 relay and the 200-yard freestyle relay. In the State tournament it is possible for individuals to advance, as well as teams.

For most swimmers their successes can be traced back to the grueling winter break workouts where the swimmers practice twice a day for more than two hours each practice. The winter break practices lay the foundation for success during the season, and as Fraser puts it, "how much you practice in the beginning of the season will determine your success at the end."

The 6-3, 160-pound Fraser has been swimming since he was 7 years old.

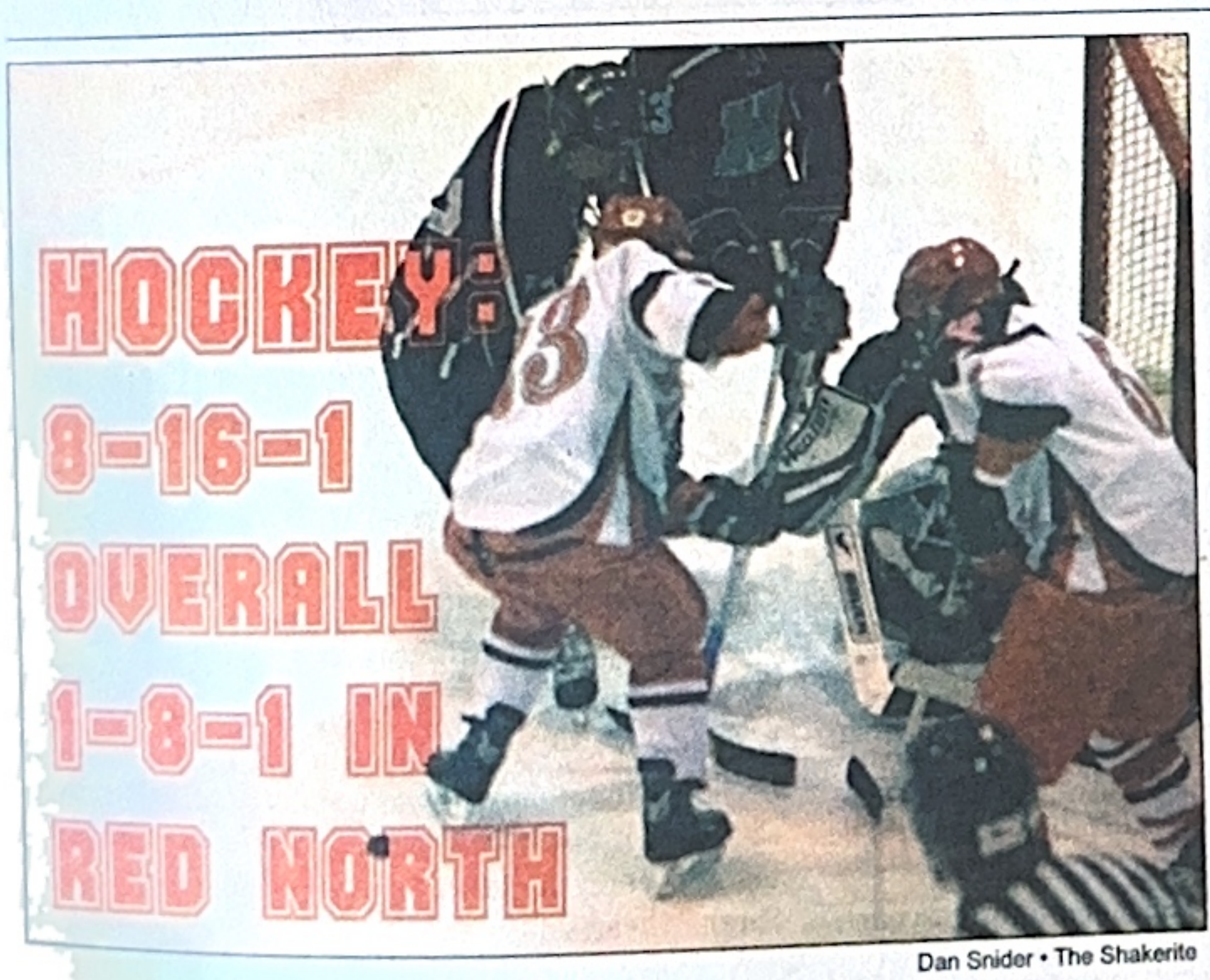
"When I was a little kid, I loved the water and my parents signed me up for swimming lessons. It sort of took off from there," Fraser said.

"Sort of" is an understatement – Fraser plans to swim in college and his 500 freestyle times compare favorably with other top swimmers in the state.

As for the mohawks and Speedos, "we always have team dinners and by the end of the season our hair is pretty nasty anyway, so we figure why not shave it off," Fraser said.

"he suit is different than what most people imagine, but it doesn't really matter as long as you swim fast."

> "When I was a little kid, I loved the water and my parents signed me up for swimming lessons. It sort of took off from there."
> Wilson Fraser • junior



Dan Snider • The Shakerite

SENIOR FORWARD NATE Bixenstine (5) and junior forward Julian Bruell (13) fight for the puck against Hudson.

Senior Bixenstine able to overcome team's struggles

BY TEDDY CAHILL
RAIDER ZONE EDITOR

Despite a relatively disappointing season, Shaker hockey players were able to learn a little about themselves and their sport.

"I've kind of learned to move on from losses," senior forward Nate Bixenstine said.

"I tried to help out with some of the younger players and led by example to help them for the future."

The Raiders were unable to attain the level of success that Shaker students have come to expect from the hockey team. The team finished in last place in the Red North this year, just two years after reaching the state finals.

"It seemed like we couldn't get it together this year, when we played well defensively, we struggled scoring," Bixenstine said.

"It was hard not being able to step up and score the big goals when the team needed it most."

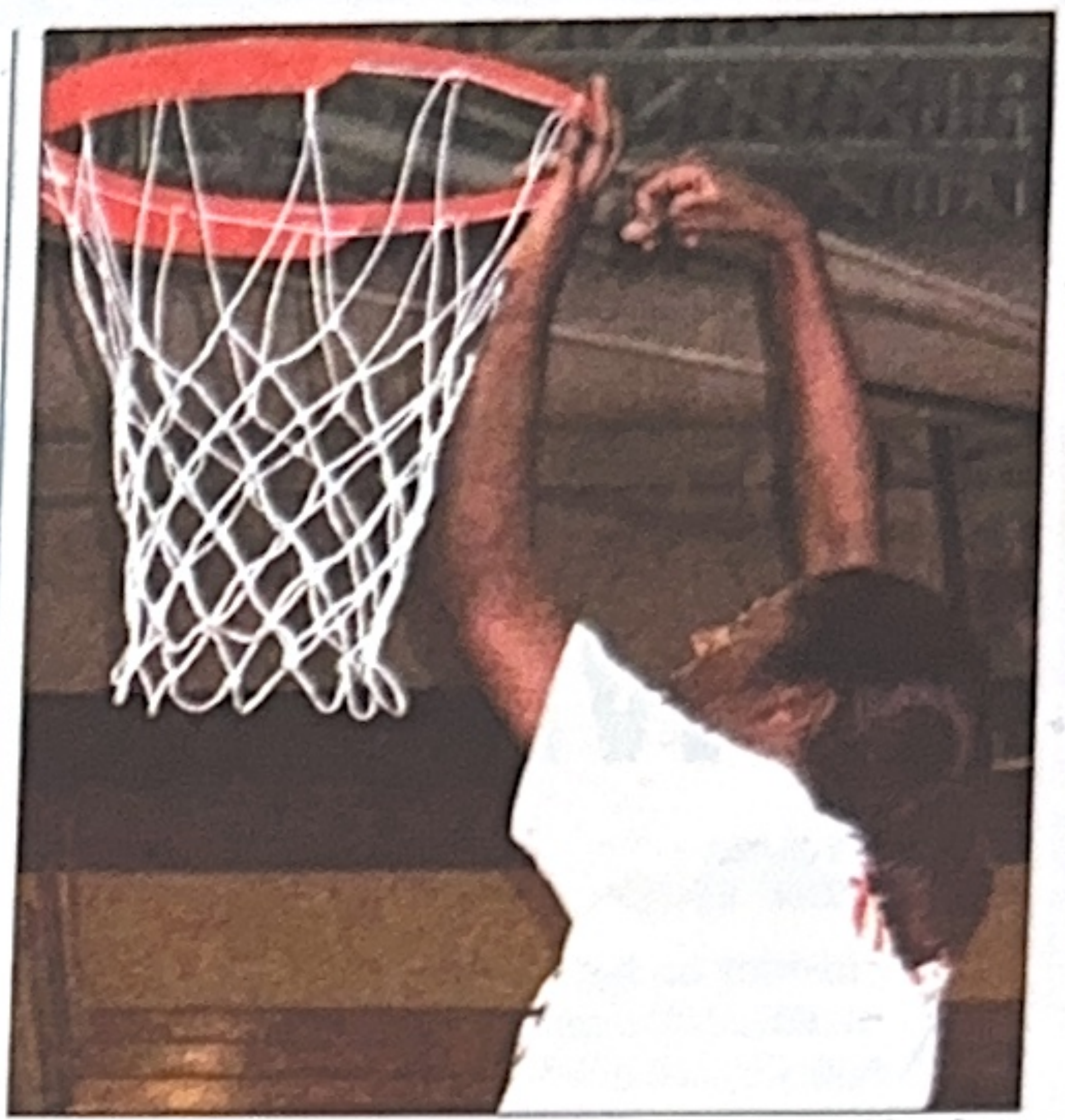


Photo courtesy of Patti Clair

AFTER THE TEAM won Districts, Shanna Thompson cuts down the nets.

Forward Thompson helps team reach new heights

BY MIKE YOUNG
RAIDER ZONE EDITOR

After the greatest moment in her basketball career, forward Shanna Thompson couldn't walk, and it wasn't because of astonishment at her team's big win.

The day after the women's basketball team defeated Bedford 66-45 in the district final game, Thompson woke up feeling the effects of food poisoning.

"I was hoping, miraculously that I would get better," Thompson said. Their next game was in the regional rounds against North Canton Hoover, Ohio's sixth ranked team according to the Associated Press.

On March 6, the day of the game, Thompson said she felt a little better and decided she was well enough to play. However the quality of her performance was upset by her condition. "It affected me in the game because I had little energy," she said.

Shaker ended up losing the game 69-51 with Thompson pouring in 14 points even though she did not feel up to par. During the regular season the team finished 19-5 and won a district title for the first time since 2002. Thompson was the leading scorer, averaging 12.5 points, 5.5 rebounds and three blocks per game.

Though she was a starter last year, she had more of a profound impact this season. Head coach Don Readance believes Thompson was more consistent this season.

"She's always had the talent," he said. "This year we could count on her, game in and game out, to be an offensive threat."

With the injury to sophomore Karisma Penn, Thompson became a leader in the low-post. "I decided I had to make up for the scoring loss . . . we lost a good rebounder too and that's where Lillian [Pitts, junior forward] came in."

Senior point guard Ciera Burkes was worried that Thompson's absence would be a detriment to her game. Burkes was used to having Thompson inside to open up her outside shots. "Shanna is six feet tall, and was one of the best players of our senior class in the area," Burkes said.

WOMEN'S
BASKETBALL:
19-5 OVERALL
9-1 IN LEL
LEL CHAMPIONS

SHAKER BASKETBALL SHINES IN NORTHEAST OHIO:

The success of the men's and women's basketball teams translated to award winners on both teams. Senior forward Nick Winbush was awarded for his 20.5 points and 9.5 rebounds average per game with a place on the Associated Press All-Northeast Lakes District first team. Guard Anthony Wells was an honorable mention. On the women's side, senior Shanna Thompson was placed on the second team after recording 12.5 points per game as Shaker's leading scorer. Their coach, Don Readance, was named the coach of the year after his team won the Solon district.

CLOPTON PINS DOWN RECORDS

BY MIKE YOUNG
RAIDER ZONE EDITOR

After injuring his knee during last year's state final match, senior Marcel Clopton's chance at redemption came this season.

His injury forced him to default his chance at winning last year's state championship in the 135-pound weight class. This year, his third year making the state tournament, he was expecting to win it all.

But wrestling coach Marc Enie did not put the same sort of pressure on Clopton as the wrestler put on himself. "I don't ever put expectations on a kid like 'I won't expect anything but a state title,'" Enie said. "But I do know that [winning a state title] was his goal."

Despite his own high expectations, Clopton finished fourth, losing his third place match with St. Ignatius' David Habat. Clopton had a tougher time than he had thought against the 135-pound weight class. "It was pretty much the toughest class out there," Clopton said. "There are a lot of top talents."

In their preview of the Division I state wrestling tournament, The Plain Dealer called Clopton's weight class "the most competitive in Division I."

Austintown Fitch's Tony Jameson, who defeated Clopton in the 135-pound finals at the Alliance Top Gun tournament, ended up winning the state title, his third overall. Brunswick's Richie Spicel, a former champ at 130, defeated Clopton on his way to the state final.

Clopton carefully considered moving up to 140, according to Enie. "Marcel and I talked a couple of times about it and his attitude was, 'If I'm going to win, I want to win it at the hardest weight class,'" Enie said.

In hindsight, Clopton might have had better results had he wrestled at 140. "If I would've went up a weight class, I think the results would've been a lot different," Clopton said.

Still, Enie believes that Clopton relished the opportunity to face the toughest competition. "He didn't want anyone to think he was running from someone," Enie said. "As a coach, I think you can't have a much better attitude than that."

In Shaker's most memorable regular season match, Clopton did move up a weight class to face University School's Victor Kondray. Clopton needed to secure a pin to win the match for Shaker. "I knew he needed to pin that guy for us to win the match and I didn't even tell him that," Enie said.

Clopton was unaware of that fact, but went on to pin Kondray 36:35 into the match. It was just one of Clopton's 58 career pins and 131 career victories, both Shaker records. Clopton believes his teammates had the confidence in him to secure the match for Shaker. "They know *how I am, they know I work hard," he said.* "So, I think they were pretty confident in me."

The leadership Clopton showed in that match, as well as throughout the season, left an indelible mark on his coach, as well as his teammates.

"As great as he is, no one was jealous of him or had a grudge against him because he was down to earth and willing to help anyone who needed it," Enie said. "He is what you call a 'coach's dream.'"

WRESTLING: 7-3 IN DUAL MEETS
4TH IN LEL

Adam Maraschky • The Shakerite

SENIOR WRESTLER MARCEL Clopton (yellow) struggles for a hold during practice in January. Clopton placed fourth at the State tournament in March.

Leonard leads swimmers with State appearance

Photo courtesy of Sarah Leonard

DOING THE BACKSTROKE, sophomore Sarah Leonard swims at the Woodbury swimming pool. Leonard qualified for the 100-yard backstroke at the state meet with a time of 1:01.16.

BY ABBY SCHILLER
STAFF REPORTER

The only Shaker swimmer to qualify for the State Finals this year wasn't a star senior. It was sophomore Sarah Leonard.

Leonard swam the 100-yard backstroke and qualified for states with a time of 1:01.16. This was an especially impressive time for Leonard who dropped almost two seconds from her best time last season, which was 1:03.02.

Leonard was pleasantly surprised by her accomplishment. "At first I didn't realize that I had qualified because I thought a girl in the heat before me had beaten me," Leonard said. "When I found out I was really, really happy and surprised."

Qualifying for States is an accomplishment at any age, but a sophomore qualification is especially difficult. Once she qualified, Leonard focused on preparing herself for the big meet. She rested, kept a positive attitude and ate healthily.

She received guidance from Shaker swimming coach, Eric Peterson, who has been working with her "off and on for three to four years," according to Peterson. "Eric perfected my technique and really encouraged me to do my best," Leonard said.

Peterson was not surprised that Leonard made it to the state meet. "She is a talented athlete, who has lots of potential," Peterson said.

At the state meet in Canton, Ohio, Leonard was just happy to be there. "I was a little anxious and very focused," Leonard said. She swam well but didn't beat her time from districts. She went 1:01.53 and finished 23rd out of 25 swimmers in the Division I 100-yard backstroke.

Fellow swimmer, sophomore Meg Green drove with Leonard to Canton to watch her compete. "I expected Leonard to swim well this season because of how hard she was working at practice," Green said. Green also thought her accomplishments had a big impact on the team. "A lot of people were proud of Sarah," Green said.

WOMEN'S SWIMMING:
7-1 IN DUAL MEETS
LEL CHAMPIONS